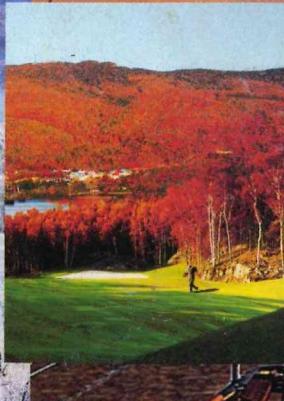
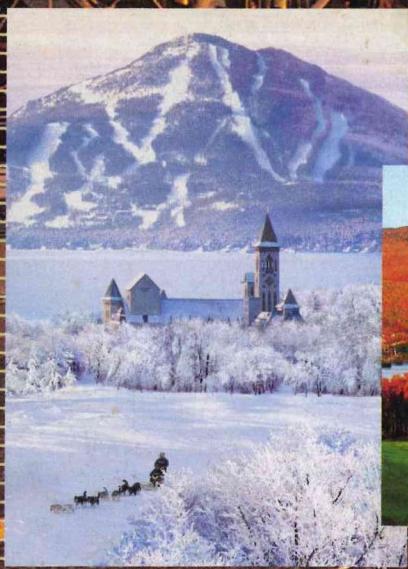


VACATIONING IN

Québec



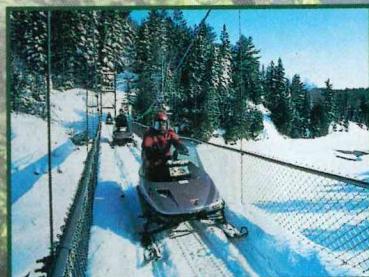
Bonjour!

Québec 

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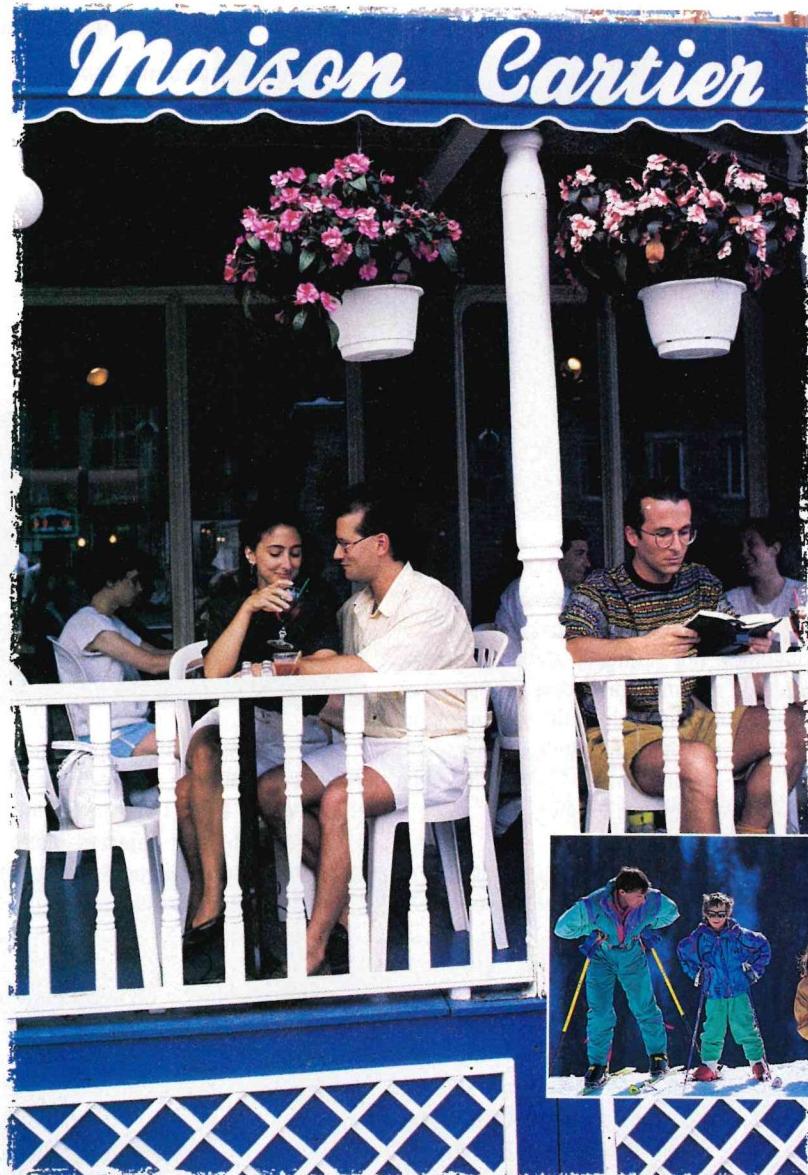
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Start a Love Affair with Québec



G. ZIMBEL / TOURISME QUÉBEC

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For information, call

1 800 363-7777

(toll free from Québec, elsewhere in Canada
and the United States)

or contact your travel agent.

With its rich history and deep roots in the past, Québec is an enormous province on a delightfully human scale, where New World vitality and verve combine with Old World charm.

The Québécois are a warm and friendly people, renowned for their joie de vivre. They love to show off their energy and creative talents, and proudly celebrate the distinctive language and heritage that makes this corner of North America unique in so many ways.

You'll marvel at the variety and sheer extent of Québec's wealth of natural beauty. Every season has something entirely new and different to offer visitors. Looking for adventure in the great outdoors or that ideal spot for a hunting or fishing vacation? Québec is where you'll find it. Winter is the perfect time to explore the countryside on a snowmobile—a Québec invention, of course—or take in the glorious snow-blanketed panorama from the top of one of our world-class ski slopes.

P. ROYER / PHILIP PHOTO

Big-city sights, country resorts, sweet exhilaration or complete relaxation—no matter what your pleasure, you're sure to find it in Québec. And just when you thought you'd seen it all, Québec will surprise you, again and again! •

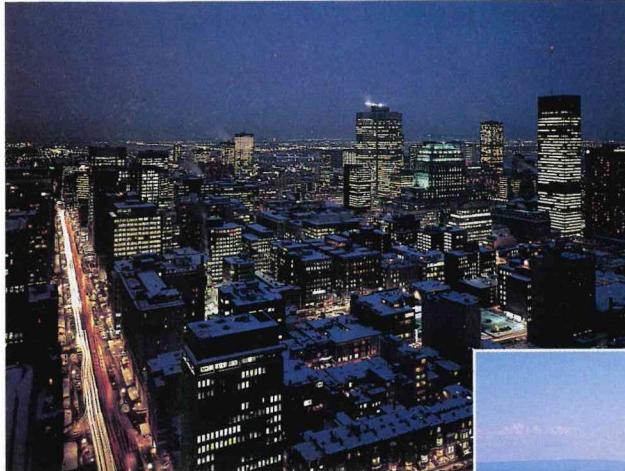
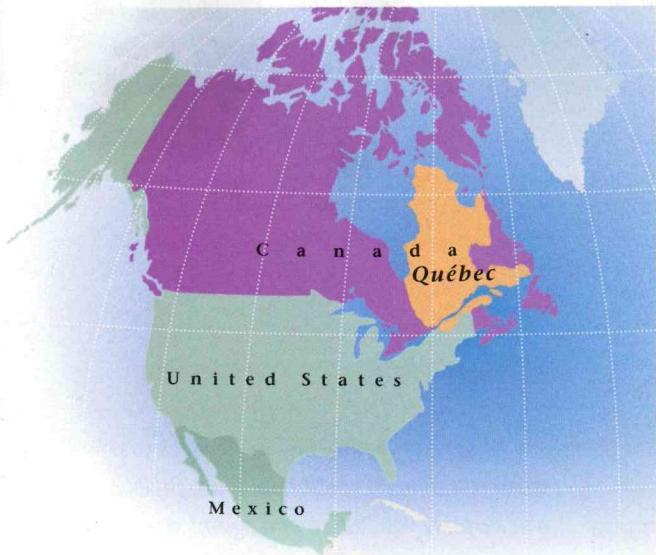
Québec A Bird's-Eye View

Located in northeastern North America,

Québec extends over a vast area of 1,667,926 km² (643,819 sq. mi), bordered by the United States, the arctic waters, Ontario and New Brunswick. It is seven times bigger than the United Kingdom and more than twice the size of Texas.

A Land of Contrasts

The mighty St. Lawrence River, which ranks among the greatest rivers of the world, flows for more than 1000 km (600 mi) through the southern part of the province. Québec's landscape is ever-changing, with its fertile flood plain stretching from the Laurentian Mountains in the north to the Appalachian chain in the south, and vast expanses of forest, taiga and tundra, dotted with more than a million lakes and thousands of rivers. All these different habitats are home to an amazing number of species of flora and fauna.



THE PHOTO SOURCE / SUPERSTOCK



M. GAGNÉ / REFLEXION

Québec is a land of contrasts, too, when it comes to climate. Brisk winters with plenty of snow are followed by gloriously refreshing springtimes, hot summers and the flamboyant hues of autumn. Quebecers have put their celebrated creative flair to the test and come up with a multitude of ways to enjoy and share the best that each season has to offer.

450 Years of History

For thousands of years, the area that is now Québec was inhabited by Indians and Inuit. Jacques Cartier landed in the Gaspé peninsula in 1534, and claimed the territory in the name of the King of France, calling it New France. When Québec City fell to the British in 1759, the colony came under British rule. Since then, the descendants of the original French- and English-speaking settlers have been joined by immigrants from the four corners of the earth, bringing with them new customs and lifestyles that have truly enriched Québec's cultural mosaic. While

French is the language of the majority, English is spoken and understood almost everywhere, particularly in the towns and cities.

Today, most of the approximately seven million people in Québec live along the St. Lawrence River. Close to 60,000 Indians, belonging to ten different nations, and 8000 Inuit live in some fifty villages dotted throughout the province, from the 45th to the 62nd parallels.

Québec enjoys a high standard of living. It boasts abundant energy and natural resources, along with world-renowned engineering, transportation, telecommunications, aeronautics and aerospace, computer science, biotechnology firms, research centres and medical institutions. The province exports 40% of its total production, mainly to the United States.

Modern-day Québec is a dynamic, outward-looking society, with its gaze fixed firmly on the future. ●

Urban Delights

Québec's major cities are a perfect marriage of North American modernity and European elegance, and the ideal point from which to observe and discover a people and a culture unique in North America.

Some, like Montréal and Laval, are on islands; others, like Québec City and Hull, spread out their charms alongside a river. While each reveals a different side of Québec, they all share a number of attractions, including top-quality hotels and some of the finest cuisine on the continent.

There's no danger of boredom in Québec's cities. Year-round, you'll always find something to do or see. Art exhibitions, shows, museums, theatre, music...and nightlife that just goes on and on.

Because Quebecers are so fond of the great outdoors, they have done their best to bring plenty of nature into their cities. Not only are there huge parks in the midst of the urban landscape, where you can walk, cycle, skate and cross-country ski, but just minutes away you'll find forests, lakes and mountains.

Québec's cities, with their combination of culture and nature, offer a lifestyle that's hard to beat. ■

Montréal

Montréal, like a precious work of art, is framed by Mont Royal and the St. Lawrence River.



S. POULIN / SUPERSTOCK

The Indian village of Hochelaga originally stood at the foot of the mountain baptized "mont Royal" by Jacques Cartier. Here, 230 m (755 ft) below the summit, Paul Chomedey, sieur de Maisonneuve, founded Ville-Marie in 1642. Three and a half centuries later, what was initially a simple missionary village has burgeoned into the world's largest inland port, the home of Canada's first banks and trading companies, the world's second-largest French-speaking city, and a metropolis of international repute. Given its prime location only 60 km (37 mi) from the U.S. border, Montréal is an increasingly important hub of North American trade.

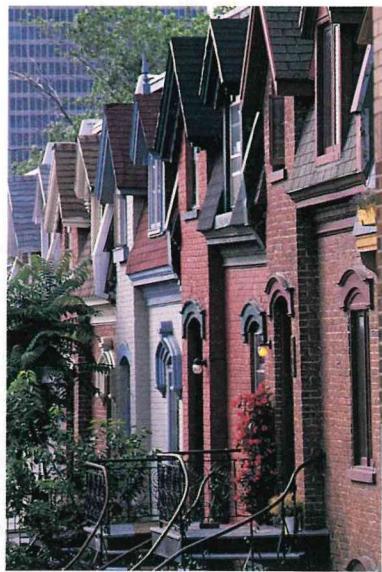
Montréal Has It All

Montréal has drawn on the combined strengths of its French and British roots to attract newcomers from around the world. This multicultural mix has fostered a fertile and vibrant cultural life. A broad range of movies, plays and shows draw large audiences, while bars, cafés and discothèques rock until the early hours of the morning. Shopping in Montréal—a fashion capital—is another pleasure not to be missed.

Nature has always been part of Québec's cities, and Montrealers are particularly fortunate to have at their doorsteps Parc du Mont-

Royal, a creation of Frederick Law Olmsted, the American landscape artist who also designed Central Park in New York. Its two lookouts offer glorious views over the city. The park is easily reached and explored via an extensive network of bicycle paths; like all green spaces in the city, it is truly designed to belong to everyone, as a public place of recreation and entertainment.

In winter, as some strap on their skates or cross-country skis and head for the mountain, others seek their exercise below street level, in the "underground city," a subterranean network of nearly 30 km (20 mi) of office and apartment towers, major stores, hotels, restaurants, railway stations, parking garages, movie theatres, concert halls and much more, all connected by Montréal's clean, fast and convenient metro trains.



TURISME QUÉBEC

The Montréal of Yesteryear

The sounds of horses' hooves and *caleche* wheels are still heard along the narrow cobblestone streets of Old Montréal, flanked by 18th- and 19th-century greystone buildings. Your best introduction to the city's 350 years of history is at Pointe-à-Callière, the Montréal Museum of Archaeology and History, rising above the very site of the founding of the city. Nearby, the Gothic Revival Notre-Dame Basilica is renowned for its opulent decor.

But the "new" Old Port, entirely made over, is by far the most popular site with visitors. Its park and wharves buzz with activities and people all day long. You can take a tour boat, a ferry or even an amphibious bus for a ride on the St. Lawrence or around the Port, or challenge the Rapides de Lachine.

Just across from the Port, in the middle of the St. Lawrence, lies the Parc des Îles, the site of the Expo 67 World's Fair. It's the perfect place for family outdoor activities — a picnic or swimming, skating or cross-country skiing, depending on the season. You'll be close to two other sources of thrills as well: La Ronde amusement park has everything from a kid-size roller coaster to the positively hair-raising adult version. The park is also home to Montréal's elegant Casino and the spectacular Biosphère, housing an interpretative centre on the St. Lawrence-Great Lakes ecosystem.

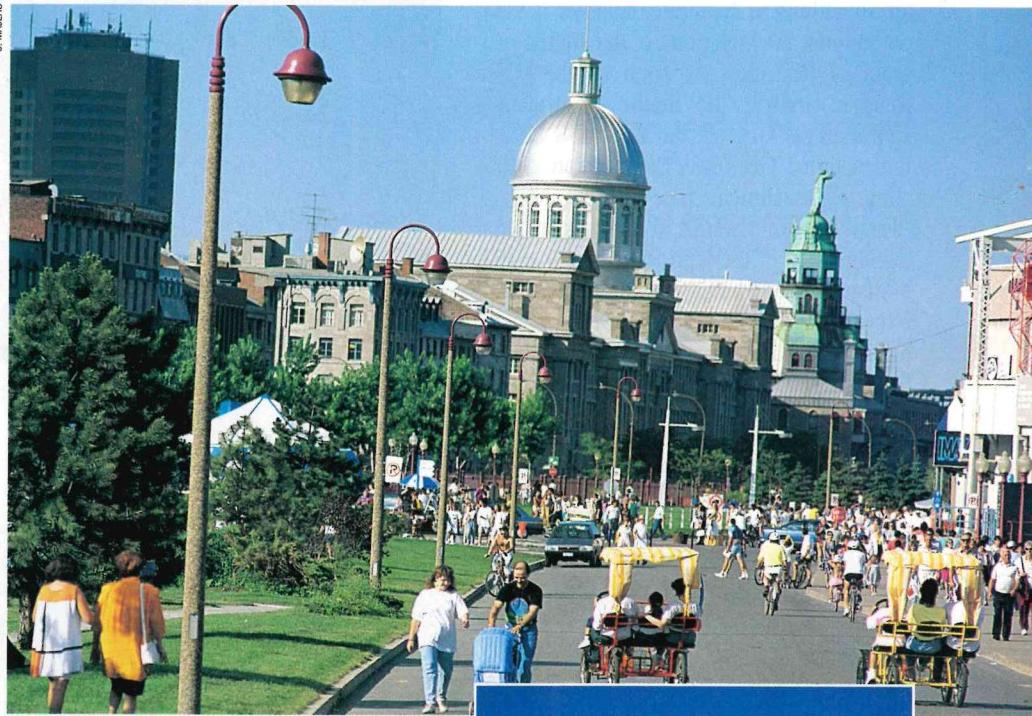


Old Port***Wait! There's More!***

The Olympic Park, designed and built for the 1976 summer games, is another must-see site. The Olympic Stadium, known as the "Big O," is home to Montréal's baseball team, the Expos. Take the cable car up its inclined tower, the highest of its kind in the world, for an incomparable view. From there you can easily see your next destination—the Biodome, right next door. You'll marvel at the flora and fauna from four different ecosystems: a tropical rainforest, a Laurentian forest, the St. Lawrence River marine environment, and the polar world. Then, across from the Olympic Park, treat your senses to Montréal's Botanical Garden, the second largest in the world, with its picturesque Chinese and Japanese gardens and the intriguing Insectarium.

Montréal is home to some 30 museums, many of them essential stops on any visitor's itinerary. For instance, there are the Museum of Fine Arts (Canada's oldest art museum), the McCord Museum of Canadian History, the Canadian Centre for Architecture, and the Musée d'art contemporain for modern art. The latter is part of the Place des Arts complex, whose stages have been proudly welcoming all the great names in theatre, music and dance for over 30 years, including the Montréal Symphony Orchestra, the Opéra de Montréal and the Grands Ballets canadiens.

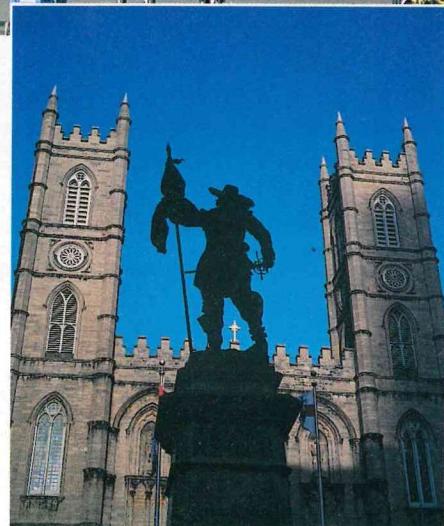
Among the many other points of interest, don't miss the Planetarium, where the mysteries of the universe are explained to young and old alike, and Saint Joseph's Oratory, a famous pilgrimage site, whose imposing dome on the flank of Mont Royal can be seen for miles around.

***Day Tripping***

Since Montréal's prosperity was based on the fur trade for over 200 years, a visit to The Fur Trade at Lachine National Historic Site is only fitting. Lachine is linked to the Old Port of Montréal by a canal, bordered by a tranquil green bicycle path in the summer and a delightful cross-country ski trail in the winter.

To the southwest of the Island, on the St. Lawrence, the Beauharnois power station is one of the world's longest hydroelectric facilities. Also on the South Shore, the railway museum (Musée ferroviaire canadien) in Saint-Constant never fails to impress visitors with its superb collection of locomotives.

The Île des Moulins, in Terrebonne, north of Montréal, is another lovely park ideally suited to picnicking. Its magnificently restored 19th-century buildings lend it a special charm.

**Notre-Dame Basilica**

Endless Celebrations

Although Montrealers are never at a loss for something to celebrate, summer is without a doubt the high point of the annual program of festivities. As soon as the warm weather arrives, the major cultural and sports events kick off: the Benson & Hedges International Fireworks Competition, a dazzling pyrotechnical face-off; the Molson Grand Prix of Canada, a roaring, rubber-burning part of the world Formula 1 championship; the immensely popular Festival international de jazz, which draws over one million music-lovers; and the Just for Laughs Festival and the World Film Festival, popular with comedy fans and movie buffs. ●

*Note: See the map of Montréal on page III
of the centre section.*



S. MAIEAU

A D D R E S S E S

Beauharnois Power Station

Chemin du Canal
Melocheville
Tel.: 1 800 365-5229 (from Québec)
Monday to Friday from May 20
to June 24
Wednesday to Sunday from June 26
to September 2
Free admission

Biodome

4777, avenue Pierre-De Coubertin
Tel.: (514) 868-3000
Every day
Admission: \$9.50

Biosphere

160, Tour-de-l'Île (Île Sainte-Hélène)
Tel.: (514) 283-5000
Every day from June 24 to September 30
Closed Monday the rest of the year
Admission: \$6.50

Botanical Garden and Insectarium

4101 and 4581, rue Sherbrooke Est
Tel.: (514) 872-1400
Every day
Admission: \$8.75 (May to October)
\$6.50 (the rest of the year)

Canadian Centre for Architecture

1920, rue Baile
Tel.: (514) 939-7026
Every day except Monday
from June 2 to late September
Closed Monday and Tuesday
the rest of the year
Admission: \$5

Casino

Parc des Îles (Île Notre-Dame)
Tel.: (514) 392-2746
1 800 665-2274 (from Canada and
the United States)
Every day
Free admission

Fur Trade at Lachine

National Historic Site, The

1255, boulevard Saint-Joseph
Lachine
Tel.: (514) 637-7433
Every day from April 1 to October 13
Admission: \$2.50

La Ronde

Parc des Îles (Île Sainte-Hélène)
Tel.: (514) 872-6222
1 800 361-7178 (from Québec, Ottawa
region and Northeastern United States)
Every day from May 29 to September 2
Saturday and Sunday from May 11 to 28
Closed June 3 and from August 26 to 30
Admission: \$21.94 (+ taxes)

McCord Museum of Canadian History

690, rue Sherbrooke Ouest
Tel.: (514) 398-7100
Every day except Monday
Admission: \$7

Musée d'art contemporain

185, rue Sainte-Catherine Ouest
Tel.: (514) 847-6212
Every day except Monday
Admission: \$8

Musée ferroviaire canadien

122 A, rue Saint-Pierre
Saint-Constant
Tel.: (514) 632-2410
Every day from May 5 to September 2
Saturday and Sunday
from September 7 to October 20
Admission: \$5.75

Museum of Fine Arts

1379-1380, rue Sherbrooke Ouest
Tel.: (514) 285-2000
Every day except Monday
Permanent collection: free
Temporary exhibitions: \$10

Old Port

Tel.: (514) 496-7678

Olympic Stadium

4141, avenue Pierre-De Coubertin
Tel.: (514) 252-8687
Every day (cable car closed from
mid-January to mid-February)
Cable car: \$7.25
Cable car and guided tour: \$10.25

Parc des Îles

Tel.: (514) 872-4537

Planetarium

1000, rue Saint-Jacques Ouest
Tel.: (514) 872-4530
Every day from June 28 to September 2
Closed Monday the rest of the year,
June 25 and 26 and from November
25 to 29
Admission: \$5.50

Pointe-à-Callière

Museum of Archaeology and History

350, place Royale
Tel.: (514) 872-9150
Every day except Monday in July and
August, and Monday and Wednesday
the rest of the year
Admission: \$7

Saint Joseph's Oratory

3800, chemin Queen Mary
Tel.: (514) 733-8211
Every day
Free admission

Québec City

Perched atop Cap Diamant, surveying the St. Lawrence River, Québec City is one of the landmarks of North American history.

Samuel de Champlain saw the potential of this natural citadel, and founded a fur-trading post here in 1608. As religious institutions and government buildings sprang up within the fortifications of the Upper Town, merchants and craftsmen settled in the Lower Town alongside the river. Québec City was a valuable prize sought after many times in the wars of the 17th and 18th centuries. When it finally fell to the English in 1759, New France became a British colony.

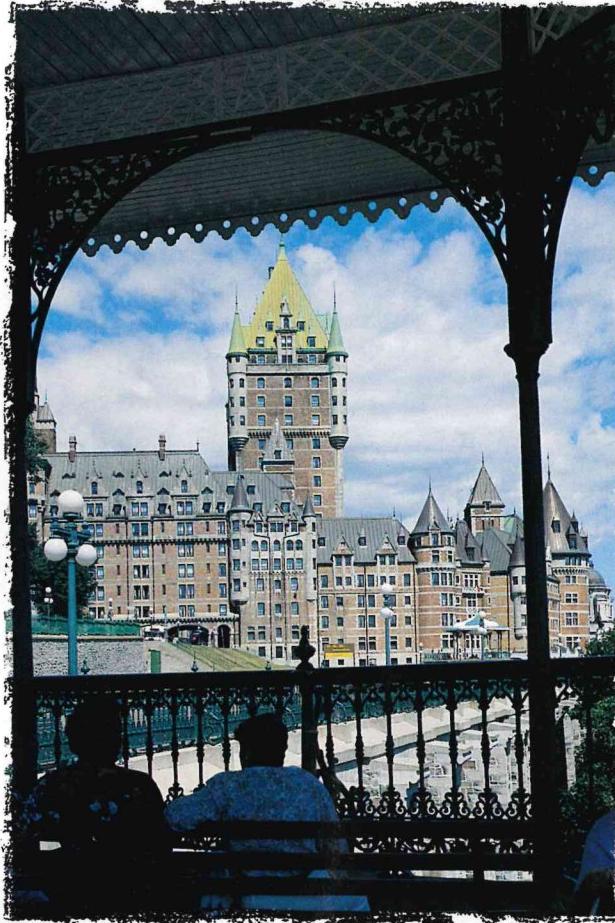
Québec City, the cradle of French civilization in North America, is today a busy seaport, an important centre of services and research, a cultural hot spot and, of course, the provincial capital. The remarkable parliament buildings (Hôtel du Parlement) are well worth a visit.

An Historic Treasure

The old quarter of Québec City was declared a world heritage site by UNESCO in 1985. This is the only fortified city in North America, and from the top of its ramparts you can admire the maze of narrow, winding streets and sloping roofs. Near the St. John gate, one of four in the fortifications, Artillery Park features an impressive redoubt dating from the French regime, along with other buildings.

Inside the venerable old walls, visitors will find several fascinating museums, including the Musée de l'Amérique française, tucked away within the centuries-old walls of the Seminary, and two others telling the stories of the Ursuline and Augustine nuns. The Notre-Dame-de-Québec Basilica, with its rich art collection, features a superb sound and light show.

C. HUOT / L'IMAGER



Château Frontenac

Make your way down to the Lower Town and you will come to Place-Royale, dating back to the earliest days of the colony. Despite their advanced age, this whole area and the adjacent Petit-Champlain quarter are very much alive and well, thank you, with an interpretation centre, art and craft boutiques, and many restaurants and bistro. Just next door, the Musée de la civilisation presents thematic exhibitions with a contemporary interactive approach. And while you're in the Old Port, why not hop aboard a cruise boat for a refreshingly

different view of the city from a new vantage point?

If you decide instead to climb back up toward the Citadel dominating the city, you'll pass by the immortal Château Frontenac, with its medieval-looking gables and turrets. From there you will probably want to stroll the boardwalk of Terrasse Dufferin, with its incomparable view of the St. Lawrence.

Keep walking and you'll come to the Plains of Abraham, also known as Battlefields Park. This vast green space wasn't always so peaceful: in fact, in 1759 it was the site of a clash between the French and British armies that marked a turning point in the history of North America. Here you will find the Musée du Québec, housing an important collection of Québec art and sometimes playing host to major international exhibitions.

Quartier du Petit-Champlain



Exploring Nearby

Venture outside the city and you'll be delighted at all the sights and activities nearby. Take the historic Chemin du Roy west to Portneuf or Avenue Royale east to join up with Côte-de-Beaupré. Marvel at the impressive waterfall at Parc de la Chute-Montmorency, higher than Niagara Falls. You can admire the view from a cable car, suspended bridge or lookout.

Next on your itinerary is Île d'Orléans, a peaceful rural oasis whose charms feature in the songs of Québec folksinger Félix Leclerc. A bit farther along lies the Sainte-Anne-de-Beaupré Basilica, which welcomes over 1.5 million pilgrims and visitors every year. From there you can easily reach two inviting natural sites: the Station Mont-Sainte-Anne, renowned for its world-class skiing and variety of year-round outdoor activities, and the Cap Tourmente National Wildlife Area, visited by hundreds of thousands of snow geese in migration season.

Celebrations Year-round

Throughout their long history, people here have always recognized the importance of living well and having fun, whatever the season. July is the time for Québec City's international summer festival, as its streets, parks and concert halls overflow with music, theatre and song. Seven months later, at the end of January, the city explodes again with Carnaval, the biggest winter celebration of its kind in the world. ■



Y. TESSIER / TESSIMA

**Chute
Montmorency
in winter**

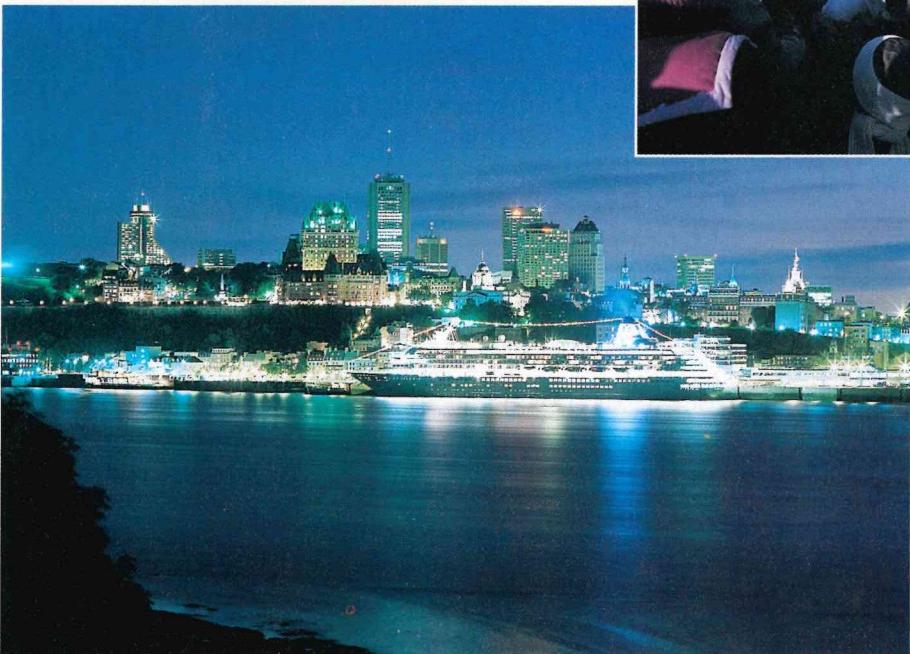
For another unforgettable day trip, take the ferry to Lévis, for a new perspective on Québec City. While you're on the south shore, don't miss the Chutes de la Chaudière, a spectacular 120-m (394-ft) wide waterfall.

North of Québec City you can take in the Huron village of Wendake, or push on just a bit farther to Stoneham, Parc de la Jacques-Cartier or the Réserve faunique des Laurentides, another wildlife reserve, both of which offer plenty to see and do in the great outdoors.

For a change of scene, visit Village des sports, a huge water park in summer and popular centre for recreational activities in the winter. It's a favourite spot for the young and the young at heart!



**Bonhomme
Carnaval**



Y. TESSIER / TESSIMA

Note: See the map of Québec City on page VI of the centre section.

A D D R E S S E S

Artillery Park National Historic Site

2, rue D'Auteuil
Tel.: (418) 648-4205
Every day from March 1 to October 31
Monday to Friday the rest of the year
Admission: \$2.50

Battlefields Park

Interpretation Centre
Pavillon Baillargé, Musée du Québec
Tel.: (418) 648-4071
Every day from May 21 to September 2
Closed Monday the rest of the year
Admission: \$2

Citadel, The

1, côte de la Citadelle
Tel.: (418) 694-2815
Every day from March 8
to October 31
Admission: \$4.50

Hôtel du Parlement

Avenue Dufferin
Tel.: (418) 643-7239
Guided tours every day from June 24
to September 2
Monday to Friday the rest of the year
Free admission

Musée de la civilisation

85, rue Dalhousie
Tel.: (418) 643-2158
Every day from June 24
to September 4
Closed Monday the rest of the year
Admission: \$6

Musée du Québec

1, avenue Wolfe-Montcalm
Tel.: (418) 643-2150
Every day from May 21
to September 2
Closed Monday the rest of the year
Admission: \$4.75

Notre-Dame-de-Québec Basilica

16, rue Buade
Tel.: (418) 692-2533
Every day (guided tours from May 1
to October 7)
Free admission; sound and
light show: \$6

Parc de la Chute-Montmorency

2492, avenue Royale
Beaupré
Tel.: (418) 663-2877
Every day from April 30
to October 30
Free admission for pedestrians,
\$6 per car

Parc des Chutes-de-la-Chaudière

Charny
Tel.: (418) 643-1343
Every day from May 6 to October 14
Free admission

Place-Royale Information Centre

215, rue du Marché-Finlay
Tel.: (418) 643-6631
Every day from June 3
to September 29
Free admission

Sainte-Anne-de-Beaupré Basilica

10018, avenue Royale
Sainte-Anne-de-Beaupré
Tel.: (418) 827-3781
Every day
Free admission

Station Mont-Sainte-Anne

Route 360
Beaupré
Tel.: (418) 827-4561
Every day
Rates vary with activities

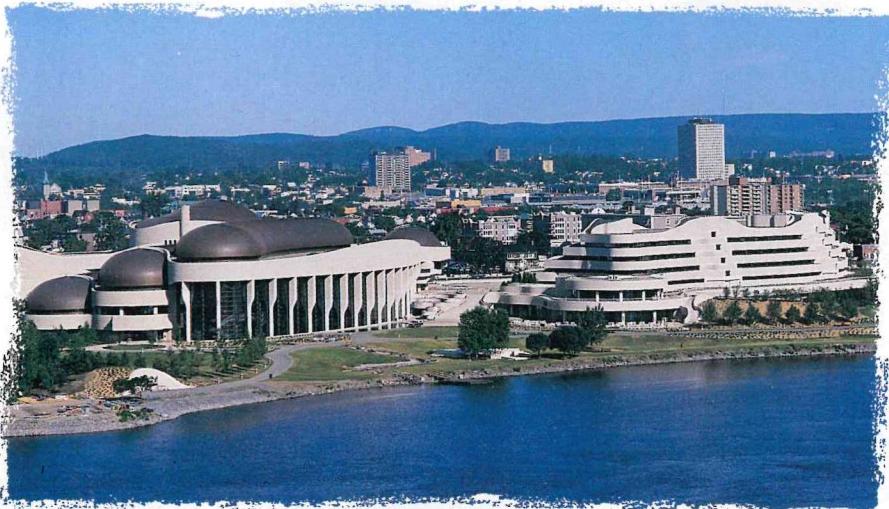
Village des sports

1860, boulevard Valcartier
Saint-Gabriel-de-Valcartier
Tel.: (418) 844-2200
Every day from June to late August
and from mid-December to late March
Rates vary with activities

The admission prices shown are the regular rates for adults, updated to February 1996.
Seniors, students, children, families and groups are often entitled to a reduction.

Hull

The city of Hull lies at the far western edge of Québec, at the confluence of the Ottawa and Gatineau rivers, where it sprang up with the growth of the logging industry in the early days of the 19th century. Today, with its neighbouring city of Ottawa, Hull is part of Canada's National Capital Region.



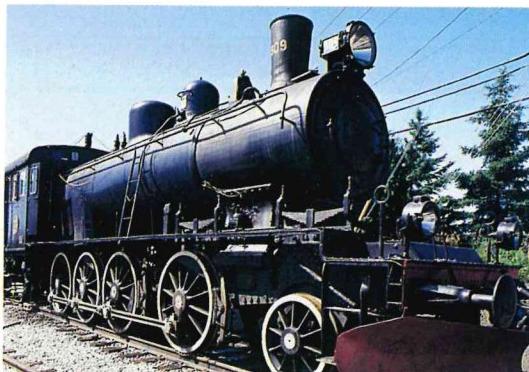
There are numerous attractions in Hull and the surrounding area, including the Canadian Museum of Civilization, with its majestic curves evoking the emergence of the North American land mass, along with many other great national museums and the Parliament Buildings in Ottawa.

Hull is renowned for its festive, open spirit. Place Aubry, in the heart of downtown, is a favourite meeting place, with its sparkling fountain in the centre and border of boutiques and outdoor cafés. In July, it really comes alive as crowds of music-lovers turn out for

the numerous concerts. A little to the north, the brand new Casino welcomes games of chance enthusiasts.

The city has no lack of green spaces, and visitors can enjoy boat rides on the Ottawa River and lots of outdoor activities, including cycling in Gatineau Park. This peaceful oasis also offers interpretation trails, hiking and cross-country ski trails, a sand beach and the splendid estate of former Prime Minister William Lyon Mackenzie King.

You can enjoy the idyllic landscape from the steam train that puffs its way from Hull along the scenic Gatineau valley to the picturesque village of Wakefield. In late summer, the skies over Gatineau are filled with colour during the Hot-Air Balloon Festival. ●



Hull-Wakefield train

G. RIVEST / TOURISME QUÉBEC

ADDRESSES

Canadian Museum of Civilization

100, rue Laurier
Tel.: (819) 776-7000
Every day from May 1 to October 14
Closed Monday the rest of the year
Admission: \$5

Casino

1, boulevard du Casino
Tel.: (819) 772-2100
Every day
Free admission

Hull-Wakefield Train

165, rue Deveault
Tel.: (819) 778-7246
Hours vary; reservations necessary
Price: \$23 (+ taxes) round trip

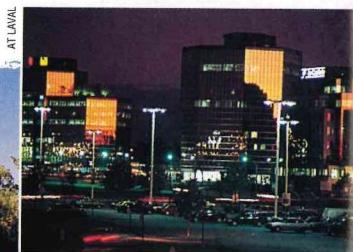
The admission prices shown are the regular rates for adults, updated to February 1996.
Seniors, students, children, families and groups are often entitled to a reduction.

Laval

Québec's second-largest city, Laval is situated on the same archipelago as Montréal.

The Parc de la Rivière-des-Mille-Îles is a rendez-vous for nature lovers, offering city dwellers a haven of tranquillity in an enchanting setting. You can rent canoes, rabaskas and pedal boats to wander among the many little islands that are home to varied species of birds.

The Cosmodome invites visitors to an entirely different type of navigation! Its Space Science Centre introduces you to the history of space exploration, whereas Space Camp Canada lets participants handle equipment and carry out experiments that help them better understand the different aspects of the conquest of space. ●



Parc de la Rivière-des-Mille-Îles

ADDRESSES

Cosmodome

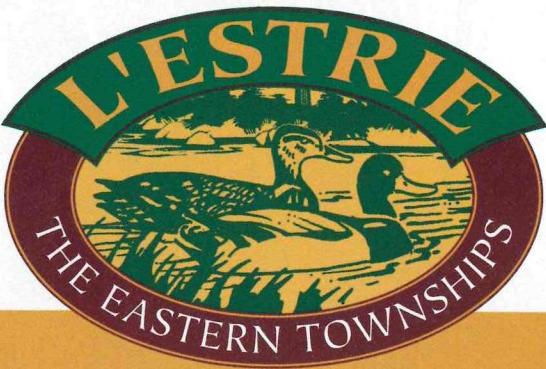
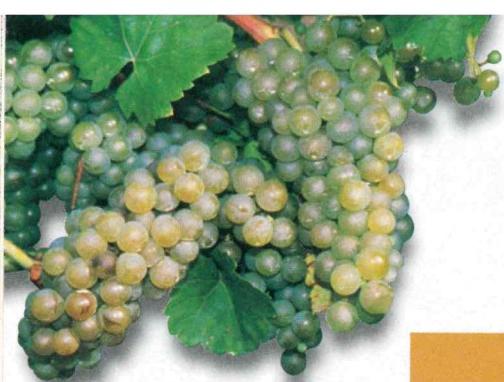
2150, autoroute des Laurentides
Tel.: (514) 978-3600
1 800 565-2267 (from Canada and the United States)
Space Science Centre: every day from June 24 to September 2
Closed Monday the rest of the year
Admission: \$8.75
Space Camp: every day; reservations necessary

Parc de la Rivière-des-Mille-Îles

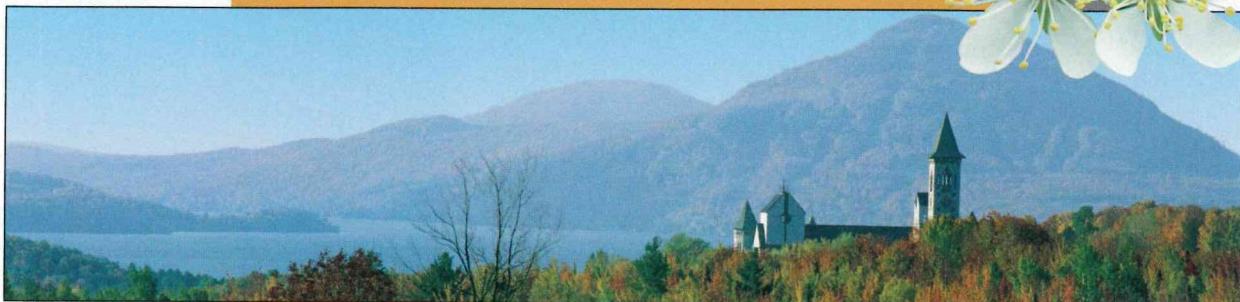
345, boulevard Sainte-Rose
Tel.: (514) 662-1020
Every day from May 13 to October 11
Free admission

The admission prices shown are the regular rates for adults, updated to February 1996.
Seniors, students, children, families and groups are often entitled to a reduction.





Québec, Canada



"The Eastern Townships offer a unique combination of English charm and Québec Joie de vivre."

(Barbara Freson, Michigan Living)



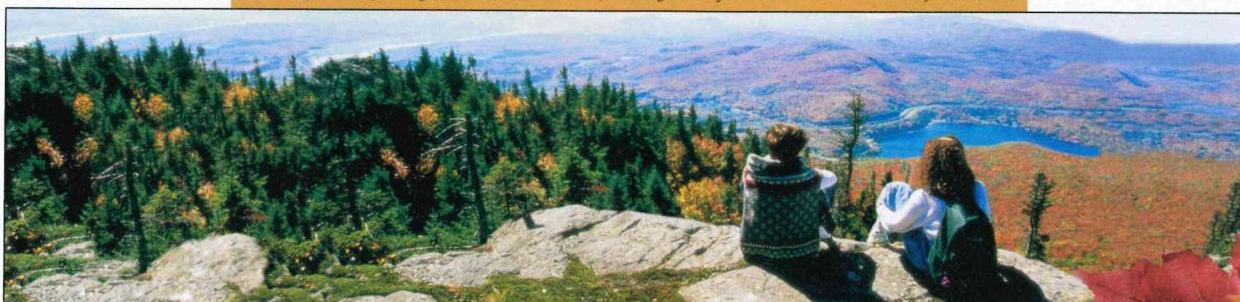
"Bicycling through Quebec's Estrie includes vistas of color, French-influenced cuisine and comfy country inns."

(Carolyn Rice, Relax Magazine)



"Amid these lush fields, forested hills, and jewel-like lakes, French Canadians have long intermarried with and lived peacefully alongside the descendants of the original Loyalist settlers."

(Gillian MacKay Destinations)



*And now, for more enticing facts about the Eastern Townships, see pages 54-58
Information Eastern Townships: 1-800-355-5755*



TOURISME ESTRIE : 25 Bocage Street, Sherbrooke (Québec) Canada J1L 2J4
Tel: (819) 820-2020 / 1-800-355-5755 Fax: (819) 566-4445 Modem: (819) 820-2060
Internet: www.tourisme-estrie.qc.ca • E-mail: ate@multi-medias.ca

Highways and Byways

As you roam through Québec, you'll be astounded at the variety of landscapes—not one of the regions of Québec is like any other.

Some are places of serene beauty, while others have a wild grandeur all their own. Exploring Québec means travelling the back roads and stopping as the fancy takes you. Perhaps you'll arrive in the midst of a country fair and get caught up in the action.

Take time to talk to the locals, to listen to the music of their speech and sample some typical regional dishes.

We've outlined five different itineraries to help you get the most out of your visit. The province has an extensive system of roads and highways—more than 20,000 kilometres (12,400 mi) in all. They are well signposted, with lots of services and amenities along the way. Don't be

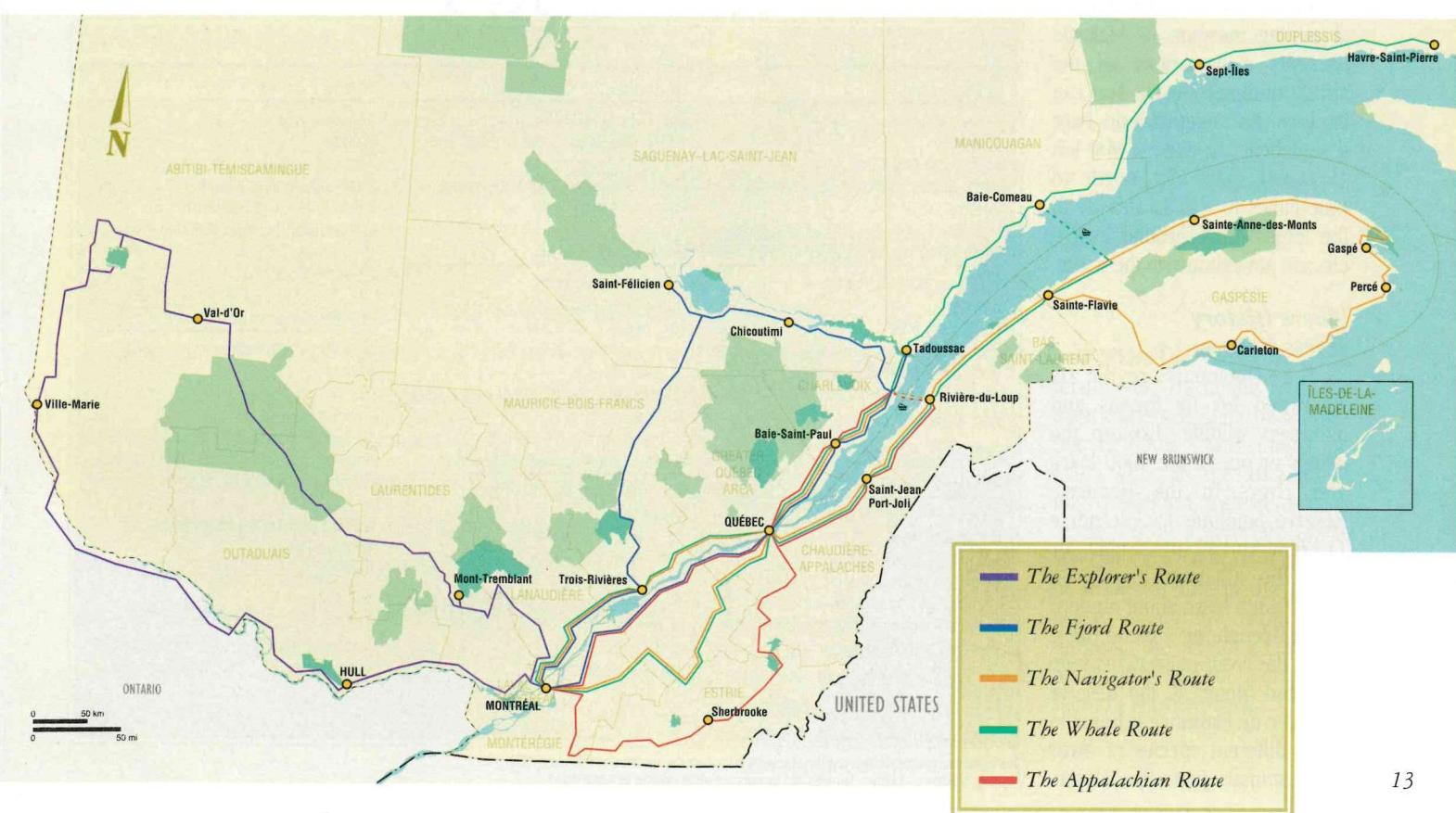
surprised if the road you're on ends at the water's edge. Just hop aboard a ferry and you'll be on the other side before you know it. It's a great opportunity to get out from behind the wheel, stretch a bit and cool off in the refreshing breeze!

And what better way to round out your tour than to spend a few relaxing days in the idyllic surroundings of a holiday resort? Québec boasts a broad range of accommodations in splendid settings, often by the water, gazing up at mountains or overlooking lush valleys. Most of these establishments are part of networks and offer attractive packages combining comfortable facilities with fine cuisine and a multitude of sports activities.

Treat yourself to Québec. You deserve it. ●



P. G. ADAM / PUBLI-PHOTO



The Explorer's Route

1760 km (1100 mi) / 5 days



This itinerary takes you into the heart of Abitibi-Témiscamingue, a vast land of forests dotted with countless lakes. Back in the 17th century, French merchants established a fur-trading post at Fort Témiscamingue, close to modern-day Ville-Marie. The region had been explored long before by the *coureurs de bois* (frontier woodsmen and fur-traders), when a gold rush brought swarms of miners seeking their fortunes to Abitibi in the 1930s.

The Village minier Bourlamaque, in Val-d'Or (the name means "Valley of Gold"), and Maison Dumulon, in Rouyn-Noranda, offer visitors an authentic taste of the pioneering spirit that lured settlers to the region in those days. The regional mining museum in Malartic presents a panorama of the Abitibi mining industry. You can explore the magnificent Parc d'Aiguebelle, or make a 900-km (560-mi) side trip north to Baie-James to visit La Grande-2, the largest underground hydroelectric powerhouse in the world.

Where History Meets Nature

The Outaouais region is renowned for its forests and abundant wildlife. Explore the woods or one of the 4000 lakes and rivers in the immense Réserve faunique La Vérendrye (13,600 km²/5250 sq. mi), or visit the Château Logue in Maniwaki to learn about modern forest-firefighting techniques. Along the river, halfway between Hull and Montréal, the Réserve faunique de Plaisance is home to many different species of birds and mammals. Just a few kilome-

tres down the road, in the park surrounding Château Montebello, don't miss the Domaine Louis-Joseph-Papineau, home of the leader of the 1837 *Patriotes* rebellion.

Up-country Adventure

The Laurentians (Laurentides), one of the oldest mountain chains in the world, have given their name to a region dotted with towns and villages full of turn-of-the-century charm. Two of the region's parks are highly popular in both summer and winter with outdoor enthusiasts: Parc du Mont-Tremblant, whose highest peak is

close to 1000 metres (3280 ft), and Parc d'Oka, with its sandy beach and Stations of the Cross dating from the 18th century.

La Grande-2



ADDRESSES

Château Logue

8, rue Comeau
Maniwaki
Tel.: (819) 449-7999
Every day from May 4 to October 27
Admission: \$2.50

Earle Moore's Canadiana Village

5750, chemin Morgan
Rawdon
Tel.: (514) 834-4135
Every day except Monday
from June 17 to September 2
(Confirm times beforehand)
Admission: \$9.25

Fort Témiscamingue National Historic Site

834, chemin du Vieux-Fort
Duhamel-Ouest
Tel.: (819) 629-3222
Every day from June 24 to August 20
Monday to Friday from June 1 to 23
Closed Tuesday and Wednesday from
August 21 to September 9
Admission: \$2.50

La Grande-2 Power Station

Tel.: (819) 638-8486
1 800 291-8486 (from Québec and
Ontario)
Every day (reservations necessary)
Free admission

Maison Dumulon

191, avenue du Lac
Rouyn-Noranda
Tel.: (819) 797-7125
Every day from June 24
to September 2
Monday to Friday the rest of the year
Admission: \$2.50

Manoir Louis-Joseph-Papineau

500, rue Notre-Dame
Montebello
Tel.: (819) 423-6965
Every day from June 24
to September 2
Wednesday to Sunday from May 22
to June 23 and from September 4
to October 14
Admission: \$3.50

Musée d'art de Joliette

145, rue Wilfrid-Corbeil
Joliette
Tel.: (514) 756-0311
Every day except Monday
from June 24 to September 2
Closed Monday and Tuesday
the rest of the year
Admission: \$3.50

Musée régional des mines

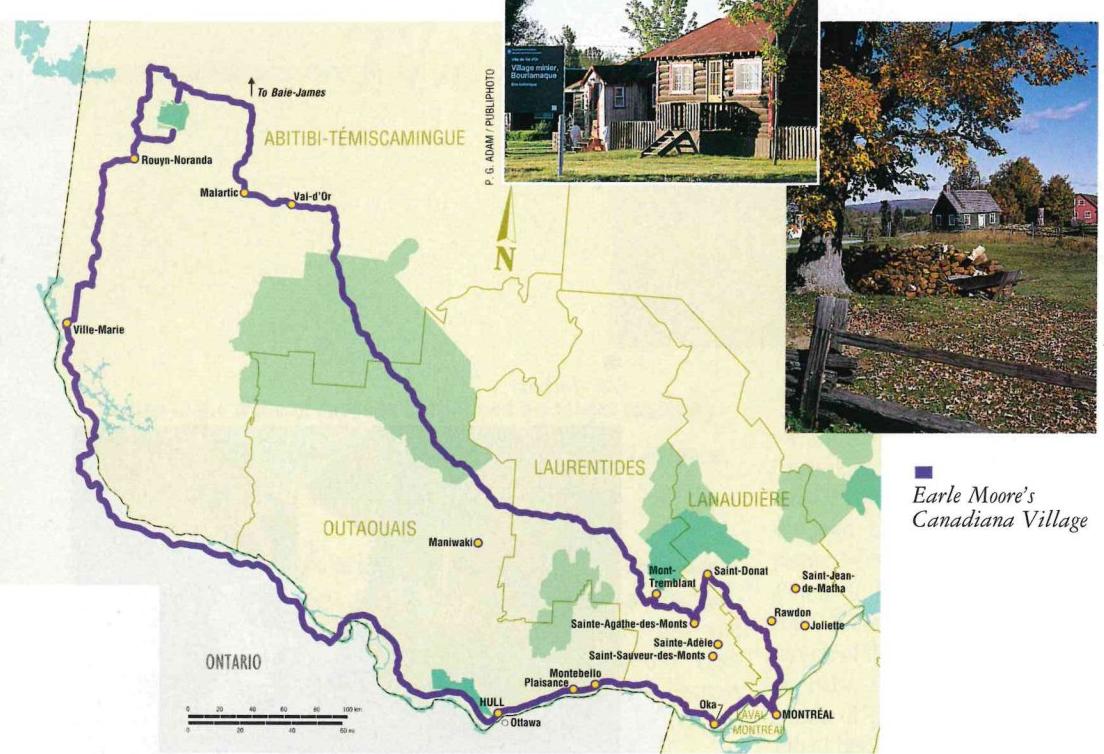
650, rue de la Paix
Malartic
Tel.: (819) 757-4677
Every day from June 1
to September 15
Monday to Friday the rest of the year
Admission: \$3.25

Village minier Bourlamaque Cité de l'or

123, avenue Perreault
Val-d'Or
Tel.: (819) 825-7616
Every day from early June to October 31
Admission: \$9; \$15 with mine visit

The admission prices shown are the regular rates for adults, updated to February 1996.
Seniors, students, children, families and groups are often entitled to a reduction.

Village minier Bourlamaque



**Earle Moore's
Canadiana Village**

An Indian Legend

In Rawdon, in the picturesque Lanaudière region, Earle Moore's Canadiana Village shows visitors what rural life here was like in the last century. Try your hand at deciphering the Indian legend in the stone at the waterfalls in Parc des Chutes-Dorwin. Near Saint-Jean-de-Matha, feel the pulse of the rushing waters of the mighty Rivière L'Assomption in the Parc des Chutes-Monte-à-Peine-et-des-Dalles.

The art museum in Joliette, one of the largest regional art museums in Québec, boasts a magnificent collection. And if you're visiting in summer, take in a classical music concert during the prestigious Festival international de Lanaudière, held outdoors in the huge amphitheatre as well as in churches in the region. •

The Fjord Route

1415 km (880 mi) / 7 days



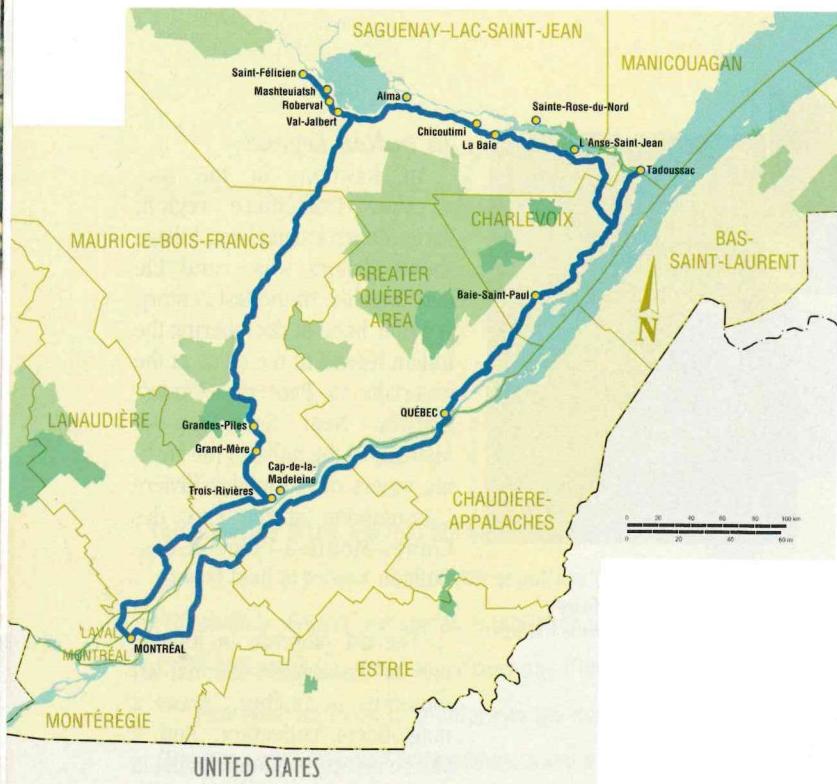
The Saguenay-Lac-Saint-Jean region was sculpted by glaciers

eons ago. Its pride is the magnificent Fjord du Saguenay, most of which lies in a remarkable conservation park. The best way to view these breathtaking cliffs looming over this part of the Saguenay is by taking one of the many boat cruises that depart from Chicoutimi and a number of spots along the river. Look closely and you'll find charming villages like L'Anse-Saint-Jean and Sainte-Rose-du-Nord nestled among the imposing cliffs and headlands of the fjord.

A Kingdom to Explore

Every summer, the residents of La Baie mount a stunning historical pageant, *La Fabuleuse Histoire d'un royaume*, that recounts the history of the "Kingdom of the Saguenay." For its part, Chicoutimi boasts among its many attractions La Pulperie, a pulp mill that was one of the largest industrial complexes in Québec at the turn of the century, now a very popular centre hosting exhibitions and all kinds of other activities.

Explore Lac Saint-Jean, a vast inland sea, by taking a cruise from Roberval, Alma or a number of other towns lining the lake. While in the area, don't miss Val-Jalbert, a ghost town set at the foot of a waterfall, where you can see what life in a company town was like in the 1930s. Learn about the Montagnais Indians, the region's original inhabitants, at the native museum in Mashteuiatsh.



To experience a novel kind of zoo, visit the one at Saint-Félicien: visitors can take a miniature train ride for a close-up look at bison, bears, moose, and many other wild animals roaming freely.

A Tale of Two Rivers

The Saint-Maurice is another great river, tumbling through the game-rich forests of the Mauricie-Bois-Francs region. At Grandes-Piles, on its east bank, the Village du bûcheron is a faithfully reconstructed logging camp from the turn of the century, and a reminder of the rough conditions endured by lumberjacks in those days. On the other bank, La Mauricie National Park promises moments of unforgettable splendour for hikers and canoe-campers. At Grand-Mère, a theme park called Le Village d'Émilie re-creates the highlights of one of Québec's most popular television series, *Les Filles de Caleb*, a historical saga broadcast in English as *Emilie*, and its sequel, *Blanche*.

In Trois-Rivières, where the Saint-Maurice and the St. Lawrence join forces, the historic quarter is definitely worth a visit, to hear the stories the age-old stones have to tell about Québec's earliest years. A remarkable new folk museum will be opening in the summer of '96. Trois-Rivières is also a great jumping-off point for an excursion on the St. Lawrence. The Forges du Saint-Maurice is an important national historic site commemorating Canada's first iron foundry, established in 1730. At Cap-de-la-Madeleine, the Sanctuaire de Notre-Dame-du-Cap is a renowned pilgrimage site that dates back to the same era. ●



Val-Jalbert



TOURISME QUÉBEC

ADDRESSES

Forges du Saint-Maurice National Historic Site

10000, boulevard des Forges
Trois-Rivières
Tel.: (819) 378-5116
Every day from May 1
to October 31
Admission: \$3

Jardin zoologique de Saint-Félicien

2230, boulevard du Jardin
Saint-Félicien
Tel.: (418) 679-0543
1 800 667-5687 (from Québec)
Every day from May 19
to September 29
Admission: \$16

Musée amérindien

1787, rue Amishk
Mashteuiatsh
Tel.: (418) 275-4842
Every day
Admission: \$3

Sanctuaire de Notre-Dame-du-Cap

626, rue Notre-Dame
Cap-de-la-Madeleine
Tel.: (819) 374-2441
Every day
Free admission

Village d'Émilie

2335, 8^e Rue
Grand-Mère
Tel.: (819) 538-1716
1 800 667-4136 (from Canada)
Every day from June 15
to September 2
Admission: \$8.95

Village du bûcheron

780, 5^e Avenue
Grandes-Piles
Tel.: (819) 538-7895
(819) 375-4191 (off season)
Every day from May 15
to October 15
Admission: \$8

Village historique de Val-Jalbert

Route 169
Chambord
Tel.: (418) 275-3132
Every day from May 17
to October 7
Admission: \$8.50

The Navigator's Route

2220 km (1380 mi) / 14 days

P. G. ADAM / PUBLIPHOTO



Follow in the wake of Jacques Cartier and his fellow explorers down a route packed with history, parallelling the St. Lawrence as it flows toward the Atlantic.

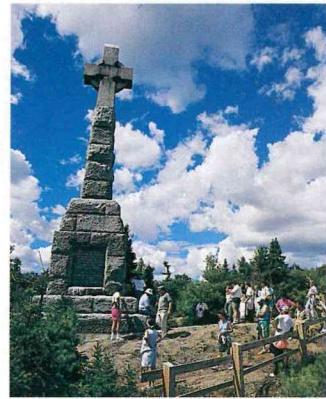
In the Chaudière-Appalaches region on the south shore, you can already taste the salt in the air. From Berthier-sur-Mer or Montmagny, a boat ride takes you to Île aux Grues or to Grosse Île, a quarantine site for thousands of European immigrants in the last century. At L'Islet-sur-Mer, the Musée maritime Bernier pays tribute to the Canadian merchant marine. Nearby Saint-Jean-Port-Joli is well known for sculpture, while the Seigneurie des Aulnaies, in its beautiful setting at Saint-Roch-des-Aulnaies, recalls the splendour of the seigneurial regime.

A Bird-watcher's Paradise

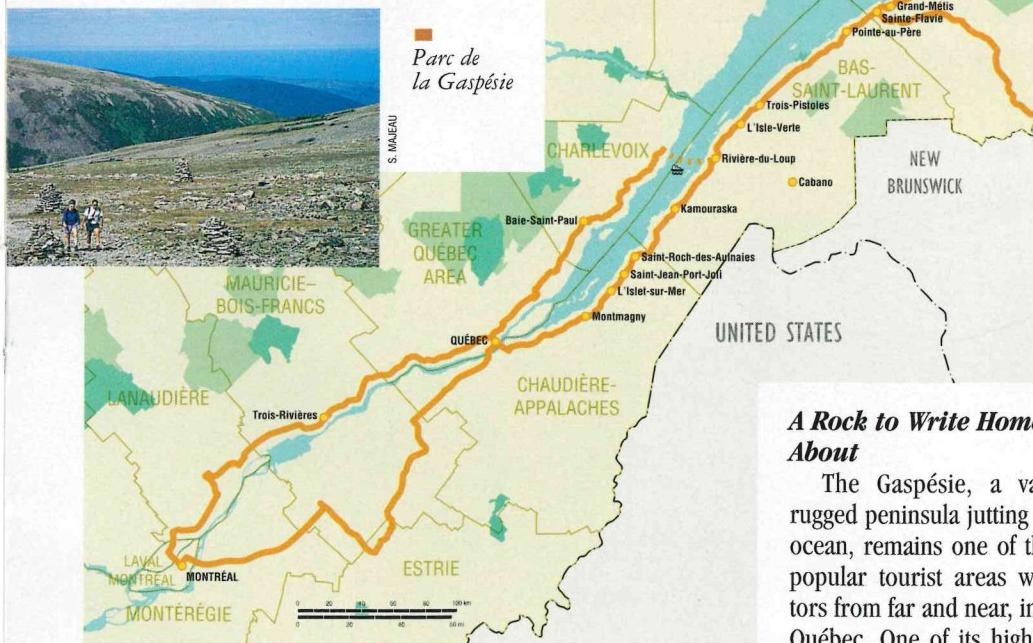
At Kamouraska, in the Bas-Saint-Laurent region, you can visit exquisite ancestral residences. Turn your eyes across the River, and there lie the imposing Charlevoix hills. At Rivière-du-Loup, a bit farther along, take a boat ride to observe local birdlife or to visit bird colonies on the islands. Still farther east, you can make the boat trip to Île Verte, to gaze up at the oldest lighthouse on the St. Lawrence (1809), or to Île aux Basques. The ragged shoreline of Parc du Bic, between

Trois-Pistoles and Pointe-au-Père, provides shelter for campers and hikers, seabirds, even seals. Next to the lighthouse at Pointe-au-Père, the Musée de la mer recounts the tragic shipwreck of the *Empress of Ireland* in 1914. Farther inland, on the shore of Lac Témiscouata, Fort Ingall in Cabano stands as a reminder of a British-American conflict in 1839.

■ *Grosse Île*



Y. TESSIER / TESSIMA

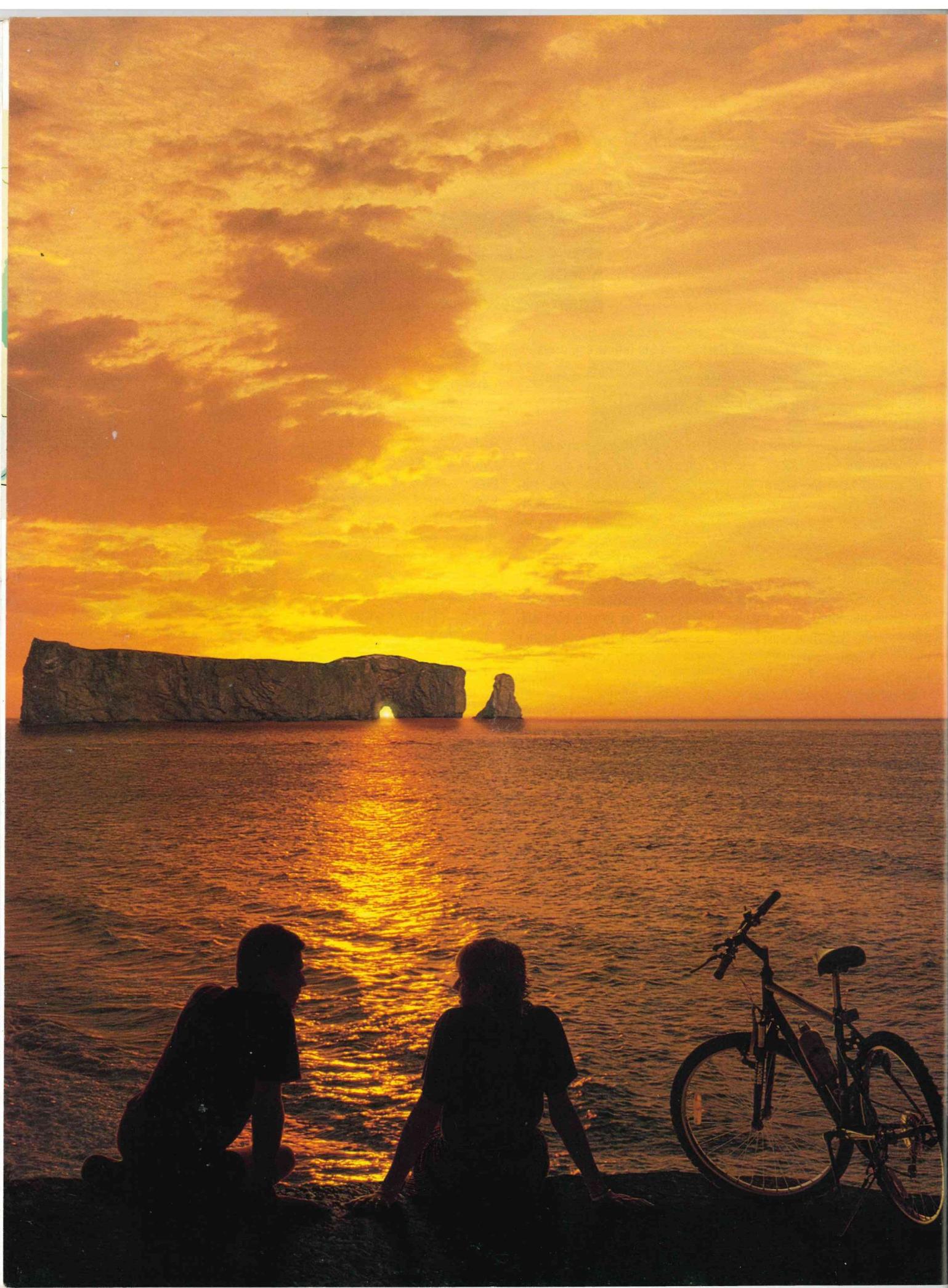


A Rock to Write Home About

The Gaspésie, a vast and rugged peninsula jutting into the ocean, remains one of the most popular tourist areas with visitors from far and near, including Québec. One of its highlights is

certainly the Jardins de Métis, where outstanding gardens grace a 19th-century mansion. In the heart of the Gaspé lies the Parc de la Gaspésie, home to caribou, moose and deer; and at the tip of the peninsula is Forillon National Park, where naturalist guides will help you discover its wide variety of flora and fauna. For the more energetic, there are plenty of opportunities for hiking or deep-sea fishing adventures.

(cont'd on page 20)



Useful Information

CANADIAN AND INTERNATIONAL CONNECTIONS

Nearly 50 airlines serve the international airports in Montréal (Dorval and Mirabel), Québec City and Ottawa. Québec is also linked to other provinces and the United States by rail and bus.

VIA Rail offers a Canrailpass, valid for one month, entitling holders to 12 days of train travel across Canada. For more information, contact your travel agent.

From May to October, the Rout-Pass is another option, which entitles holders to unlimited bus travel for 15 consecutive days in Québec and Ontario. For more information on the Rout-Pass card, call (514) 842-2281 in Montréal, or (418) 525-3000 in Québec City.

IMMIGRATION AND CUSTOMS FORMALITIES

Visitors from any country except the United States must carry a valid passport. American citizens need only a proof of citizenship such as a birth certificate or a voter's registration card. Visas are required for visitors from certain countries. It is always advisable to check with the Canadian consulate or embassy in your country before setting out for Québec.

Personal luggage not subject to any specific restrictions is tax exempt, but must be declared to Canadian customs, along with any plants and food products. There are restrictions on the importation of pets and firearms, so you are best to contact customs authorities beforehand, at

Revenue Canada
Communications Branch
Ottawa ON K1A 0L5
CANADA
Tel.: (613) 957-0275
Fax: (613) 957-9039

Visitors age 16 and over may import 50 cigars, 200 cigarettes and 400 g (0.88 lbs) of tobacco, while those 18 and over may also bring in 1.14 L (40 ounces) of spirits or wine, or 24 355-mL (12-ounce) bottles or cans or the equivalent of beer.

GETTING AROUND IN QUÉBEC

A vast network of regional airports links the entire province. You can travel by train not only between Montréal and Québec City, but also to Gaspé and Jonquière (Saguenay-Lac-Saint-Jean). Buses and private automobiles remain the most common means of transportation, however.

There are many ferries offering year-round or seasonal service on the St. Lawrence and other major rivers (Saguenay, Richelieu, Ottawa). Ferries link the Îles-de-la-Madeleine with Carleton, in Gaspésie, and with Prince Edward Island. A passenger/cargo ship connects the entire Lower North Shore between Havre-Saint-Pierre, île d'Anticosti and Blanc-Sablon. There is also a ferry from Rivière-au-Renard, in Gaspésie, to Anticosti and the lower North Shore. It is best to reserve, particularly during the peak season.

Montréal, Québec City, Hull, Laval and other large cities in the province have safe and convenient public transit systems. Fares range from \$1.85 to \$2.60. There are plenty of car rental agencies, and most of them have outlets at airports and railway stations.

DRIVER'S LICENCES AND AUTOMOBILE INSURANCE

Most foreign licences are valid in Canada. Non-resident drivers and passengers of automobiles licensed in Québec are entitled to the same compensation from the Société de l'assurance automobile du Québec as Québec residents if they are injured in an accident in the province. Other non-resident accident victims, including pedestrians, cyclists and drivers of cars not licensed in Québec, can be compensated in inverse proportion to their responsibility for the accident.

Owners of vehicles driven in Québec must have at least \$50,000 in liability coverage. For additional information, contact

Société de l'assurance automobile du Québec
333, boulevard Jean-Lesage
Québec (Québec) G1K 3J6
CANADA
Tel.: (418) 643-7620
1 800 361-7620 (from Québec)

Québec
AT YOUR FINGER TIPS

RULES OF THE ROAD

The speed limit on autoroutes (expressways) is 100 km/h (60 mph), and drivers and all passengers must wear seat belts.

The possession or use of a radar detector is prohibited, whether it is connected or not. Police officers may confiscate such devices and fine their owners from \$500 to \$1000 if they find one in a vehicle.

Turning right on a red light is strictly prohibited everywhere in Québec except when specifically allowed by an additional green arrow.

METRIC SYSTEM

In 1980 Québec (and all of Canada) traded in pounds and inches for the metric system. You'll notice the road signs are all in kilometres—just multiply by 0.6 to get the equivalent in miles. Gas is sold by the litre. There are 4.5 litres in one Canadian gallon and 3.8 litres in one American gallon. Time is generally indicated using the 24-hour system: 8 h means 8 a.m. and 20 h means 8 p.m.

ELECTRICITY

Québec, like everywhere else in North America, uses 110-volt, 60-cycle AC electric power. Since electrical outlets are of the American type, visitors wishing to use other types of plugs must bring an adapter.

CURRENCY AND CREDIT CARDS

Legal tender is the Canadian dollar, which divides into 100 cents. Bills come in 5, 10, 20, 50 and 100-dollar denominations; coins in use are 1, 5, 10 and 25 cents and 1 and 2 dollars.

Major credit cards (Visa, MasterCard and American Express) are accepted most everywhere. Travellers' cheques can be cashed in major hotels, some restaurants and large stores in major cities; otherwise they should be cashed at foreign exchange offices or banks.

Banks are generally open from 10 a.m. to 4 p.m., Monday to Friday. An extensive network of automatic banking machines is also accessible at all times.

TAXES AND TIPPING

Most goods and services are subject to a federal tax (GST) and a provincial tax (TVQ) in Québec. Foreign residents may be entitled to certain tax rebates on tourism-related goods and services, however. For more information, ask for the *Tax Refund for Visitors* booklet, or contact

Revenue Canada
Visitor Rebate Program
Ottawa ON K1A 1J5

CANADA

Tel.: (613) 991-3346
1 800 668-4748 (from Québec
and elsewhere in Canada)

Service is rarely included in restaurant and hotel bills. Tips usually range from 10% to 15% of the total bill, excluding tax. Cab drivers, bellhops and hairdressers are usually tipped at the customer's discretion.

BUYING ALCOHOLIC BEVERAGES

Wines and spirits are sold in outlets of the Société des alcools du Québec. Beer and local ciders, along with a limited selection of wines, are available in supermarkets and dépanneurs (convenience stores).

STORE BUSINESS HOURS

Most stores are open from 9:30 a.m. to 9:00 p.m. Monday to Friday, from 9:00 a.m. to 5:00 p.m. Saturday, and noon to 5:00 p.m. Sunday. Some may be closed on Sunday or after 6:00 p.m. Monday to Wednesday.

LEGAL HOLIDAYS

- New Year's (January 1 and 2)
- Good Friday
- Easter Monday
- Victoria Day (next to last Monday in May)
- Québec National Holiday (June 24)
- Canada Day (July 1)
- Labour Day (first Monday in September)
- Thanksgiving (second Monday in October)
- Christmas (December 25 and 26)

WHEELCHAIR ACCESS

For information regarding hotels, restaurants and tourist attractions in Québec with wheelchair access, contact

Kéroul
4545, avenue Pierre-De Coubertin
C. P. 1000, succ. M
Montréal (Québec) H1V 3R2
CANADA
Tel.: (514) 252-3104
Fax: (514) 254-0766

MEDICAL SERVICES AND EMERGENCIES

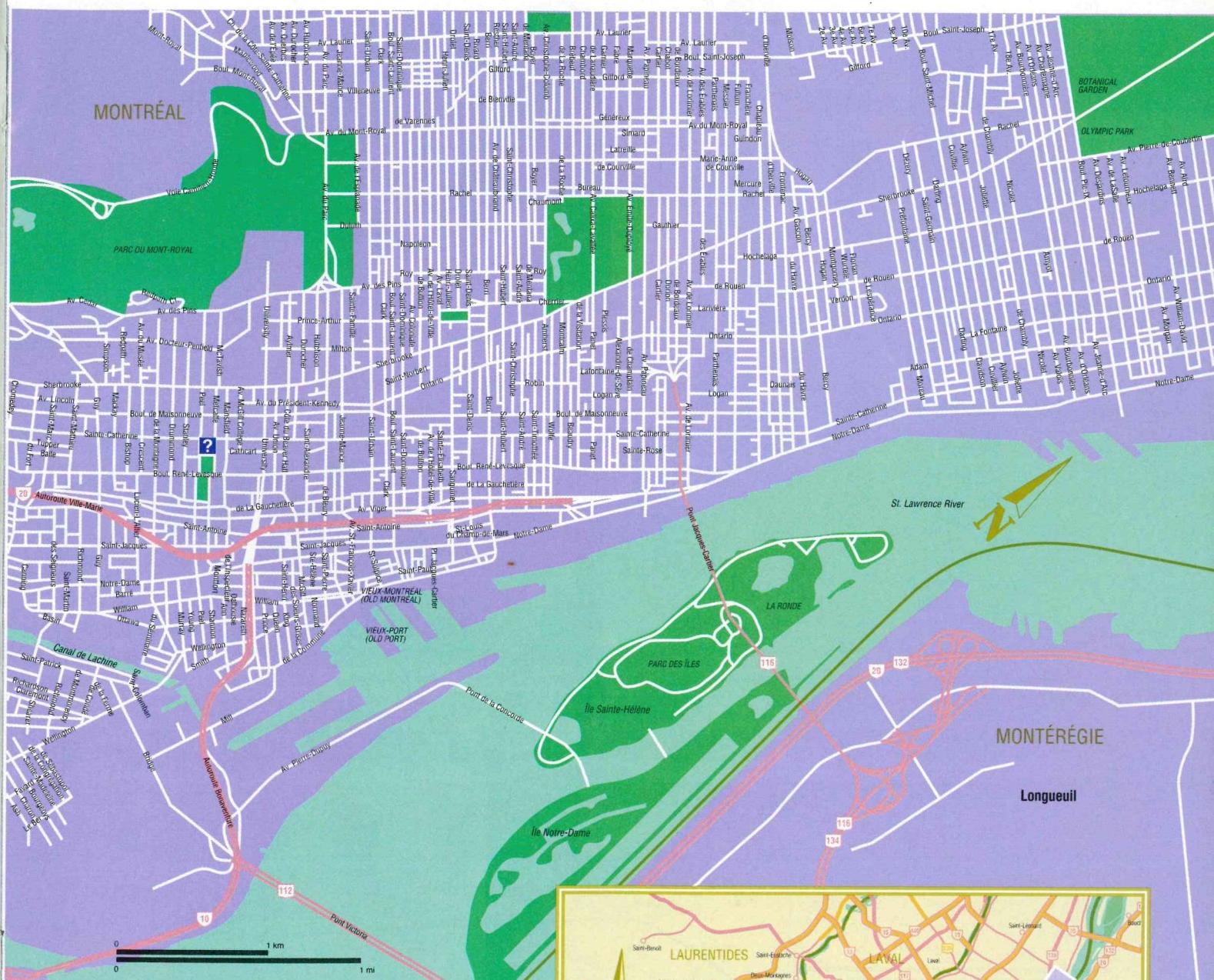
Before leaving home, it is best to ensure that your health insurance plan covers medical and hospital costs for accidents incurred abroad.

In an emergency (doctor, police, fire department), dial "911" within the Montréal and Québec urban communities and "0" anywhere else in Québec.

AVERAGE MINIMUM AND MAXIMUM TEMPERATURES

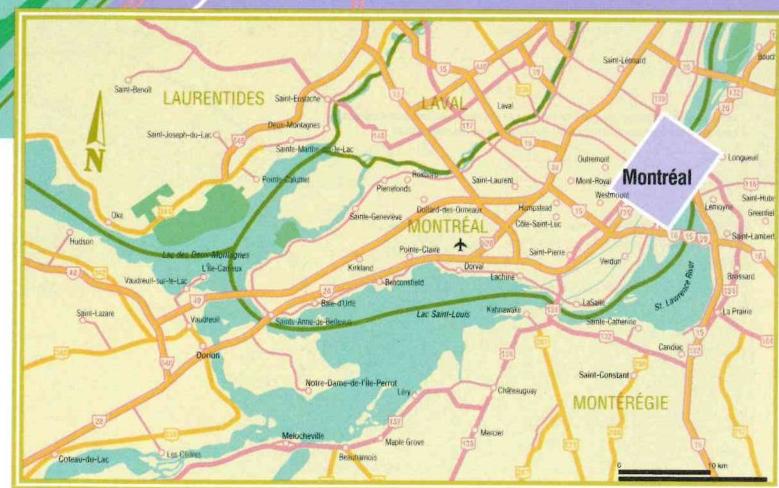
	January		April		July		October	
	°F	°C	°F	°C	°F	°C	°F	°C
HULL	1/19	-17/-7	32/50	0/10	59/79	15/26	39/54	4/12
MONTRÉAL	5/21	-15/-6	34/52	1/11	59/79	15/26	39/55	4/13
QUÉBEC CITY	1/18	-17/-8	29/46	-1/8	55/77	13/25	36/52	2/11

Montréal

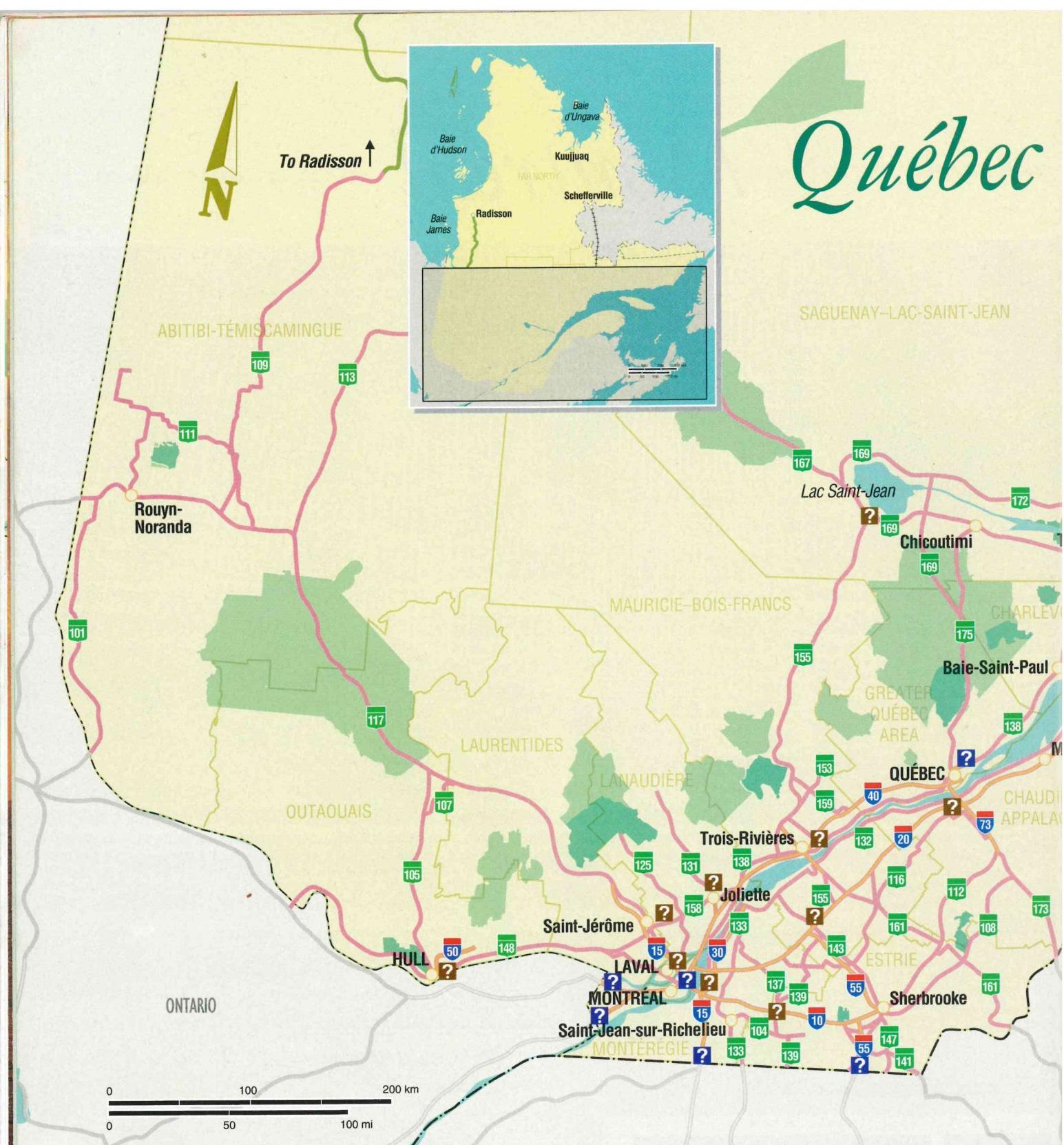


L E G E N D

- | | | | |
|---|-----------|---|----------------------------|
|  40 | Autoroute |  | Park |
|  132 | Highway |  | Québec tourist information |
|  Ferry | |  | Tourist region limits |



Québec



Only autoroutes and paved main roads are shown on this map.
The road network also includes more than 8500 km (5280 mi)
of paved secondary roads.

The *Québec Road Map*, published by Les Publications du Québec,
gives a complete overview of the highway and road system.

LEGEND

	City or town		Park
	Autoroute		Wildlife reserve
	Highway		Tourist region limits
	Ferry		Québec tourist information
	Regional tourist information		

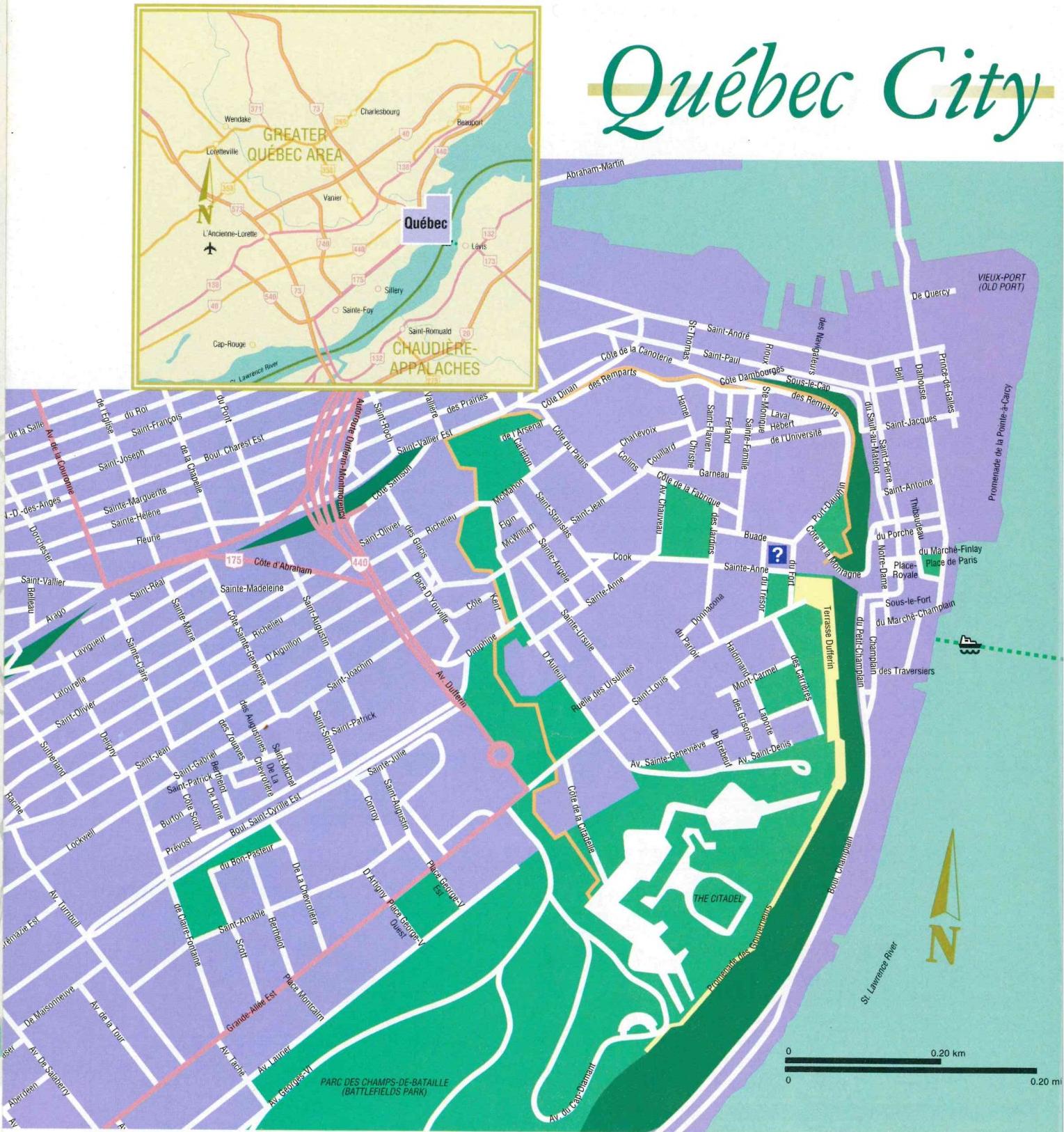


DISTANCES

	Hull km/mi	Montréal km/mi	Québec City km/mi
Boston	756/470	499/310	658/409
Buffalo	579/360	642/399	906/563
Chicago	1195/743	1363/847	1625/1010
Detroit	767/477	920/572	1183/735
Halifax	1456/905	1295/805	1056/656
New York	830/516	615/382	911/566
Philadelphia	1000/622	755/469	1010/633
Pittsburgh	838/521	983/611	1247/775
Toronto	393/244	554/344	745/463
Washington	872/542	977/607	1241/771



Québec City



LEGEND

- | | | | |
|--|-----------|--|----------------------------|
| | Autoroute | | Park |
| | Highway | | Québec tourist information |
| | Ferry | | Tourist region limits |

Tourist Information

There are over 200 tourist information offices in Québec, all of which provide complete information on their respective regions, including the indispensable guides produced by each of the 19 tourist regions.

Québec also has seven Maisons du tourisme, offering more extensive services for visitors.

Two permanent offices:

- Montréal: 1001, rue du Square-Dorchester (corner of rue Peel)
 - Québec City: 12, rue Sainte-Anne (across from the Château Frontenac)
- and five seasonal offices, located near major highway access points:
- Dégelis: Highway 185 (access via Highway 2 from New Brunswick)
 - Lacolle: Autoroute 15 (access via Interstate 87 from New York State)
 - Rigaud: Autoroute 40 (access via Highway 417 from Ontario)
 - Rivière-Beaudette: Autoroute 20 (access via Highway 401 from Ontario)
 - Stanstead: Autoroute 55 (access via Interstate 91 from Vermont)

For information, call

1 800 363-7777

(toll free from Québec, elsewhere in Canada and the United States)

or contact your travel agent.

You can also contact any of the Québec Government offices, regional tourist associations, or Tourisme Québec, at

P.O. Box 979
Montréal (Québec) H3C 2W3
CANADA
Fax: (514) 864-3838
E-mail: info@tourisme.gouv.qc.ca

QUÉBEC GOVERNMENT OFFICES

Boston

Délégation du Québec
One Federal St., 21st Floor
Boston MA 02110
UNITED STATES
Tel.: (617) 723-3366
Fax: (617) 723-3659

Brussels

Délégation générale du Québec
Avenue des Arts 46
7^e étage
1040 Brussels
BELGIUM
Tel.: (2) 512-0036
Fax: (2) 514-2641

Düsseldorf

Délégation générale du Québec
Immermannstraße 65D
Immermannhof
40210 Düsseldorf
GERMANY
Tel.: (211) 17863-0
Fax: (211) 17863-31

London

Délégation générale du Québec
59 Pall Mall
London SW1Y 5JH
UNITED KINGDOM
Tel.: (71) 930 8314
Fax: (71) 930 7938

Los Angeles

Délégation du Québec
11755 Wilshire Blvd., Suite 2200
Los Angeles CA 90025
UNITED STATES
Tel.: (310) 477-2217
Fax: (310) 477-3540

New York

Délégation générale du Québec
One Rockefeller Plaza, 26th Floor
New York NY 10020-2201
UNITED STATES
Tel.: (212) 397-0200
Fax: (212) 757-4753

Paris

Office du tourisme du Québec
4, avenue Victor Hugo
75116 Paris
FRANCE
Tel.: (1) 44-17-32-35
Fax: (1) 44-17-32-39
Minitel: 3615 Québec

Tokyo

Délégation générale du Québec
Kojimachi Hiraoka Building
5th Floor
1-3, Kojimachi, Chiyoda-ku
Tokyo 102
JAPAN
Tel.: (3) 3239-5137
Fax: (3) 3239-5140

Toronto

Bureau du Québec
20 Queen St. West
Suite 1504, Box 13
Toronto ON M5H 3S3
CANADA
Tel.: (416) 977-6060
Fax: (416) 596-1407

REGIONAL TOURIST ASSOCIATIONS

Abitibi-Témiscamingue

Association touristique de l'Abitibi-Témiscamingue
170, avenue Principale
Rouyn-Noranda (Québec) J9X 4P7
Tel.: (819) 762-8181
Fax: (819) 797-0960

Bas-Saint-Laurent

Association touristique du Bas-Saint-Laurent
189, rue Hôtel-de-Ville
Rivière-du-Loup (Québec) G5R 5C4
Tel.: (418) 867-3015
1 800 563-5268
(from Québec and elsewhere in Canada)
Fax: (418) 867-3245

Charlevoix

Association touristique de Charlevoix
630, boul. de Comporté
C.P. 275
La Malbaie (Québec) G5A 1T8
Tel.: (418) 665-4454
1 800 667-2276 (from Québec)
Fax: (418) 665-3811

Chaudière-Appalaches

Association touristique de Chaudière-Appalaches
800, autoroute Jean-Lesage
Bernières (Québec) G7A 1C9
Tel.: (418) 831-4411
Fax: (418) 831-8442

Duplessis

Association touristique de Duplessis
865, boul. Laure
Sept-Îles (Québec) G4R 1Y6
Tel.: (418) 962-0808
Fax: (418) 962-6518

Estrie

Association touristique de l'Estrie
25, rue Bocage
Sherbrooke (Québec) J1L 2J4
Tel.: (819) 820-2020
Fax: (819) 566-4445

Far North

Tourisme Québec
Direction des projets – Grand-Nord
900, boulevard René-Lévesque Est
Québec (Québec) G1R 2B5
Tel.: (418) 643-9131
1 800 463-5009 (from Québec)
Fax: (418) 646-6439

Gaspésie

Association touristique de la Gaspésie
357, route de la Mer
Sainte-Flavie (Québec) GOJ 2L0
Tel.: (418) 775-2223
Fax: (418) 775-2234

Greater Québec Area

Office du tourisme et des congrès
de la Communauté urbaine de Québec
60, rue D'Auteuil
Québec (Québec) G1R 4C4
Tel.: (418) 692-2471
Fax: (418) 692-1481

Îles-de-la-Madeleine

Association touristique des îles-de-la-Madeleine
128, rue Principale
C.P. 1028
Cap-aux-Meules (Québec) GOB 1B0
Tel.: (418) 986-2245
Fax: (418) 986-2327

Lanaudière

Association touristique de Lanaudière
3643, rue Queen
C.P. 1210
Rawdon (Québec) J0K 1S0
Tel.: (514) 834-2535
1 800 363-2788 (from Canada)
Fax: (514) 834-8100

Laurentides

Association touristique des Laurentides
14142, rue de Lachapelle
R.R. 1
Saint-Jérôme (Québec) J7Z 5T4
Tel.: (514) 436-8532
1 800 561-6673 (from Canada and the United States)
Fax: (514) 436-5309

Laval

Office du tourisme de Laval
1555, boul. Chomedey
Bureau 110
Laval (Québec) H7V 3Z1
Tel.: (514) 682-5522
1 800 463-3765 (from Canada and the United States)
Fax: (514) 682-7304

Manicouagan

Association touristique de Manicouagan
847, rue de Puyalon
C.P. 2366
Baie-Comeau (Québec) G5C 2T1
Tel.: (418) 589-5319
Fax: (418) 589-9546

Mauricie-Bois-Francs

Association touristique de Mauricie-Bois-Francs
1180, rue Royale, 2^e étage
Trois-Rivières (Québec) G9A 4J1
Tel.: (819) 375-1222
1 800 567-7603 (from Canada and the United States)
Fax: (819) 375-0301

Montérégie

Association touristique de la Montérégie
989, rue Pierre-Dupuy
Longueuil (Québec) J4K 1A1
Tel.: (514) 674-5555
Fax: (514) 463-2876

Montréal

Office des congrès et du tourisme du Grand Montréal
1555, rue Peel, bureau 600
Montréal (Québec) H3A 1X6
Tel.: (514) 844-5400
Fax: (514) 844-5757

Outaouais

Association touristique de l'Outaouais
103, rue Laurier
C.P. 2000
Hull (Québec) J8X 3V8
Tel.: (819) 778-2222
1 800 265-7822 (from Canada and the United States)
Fax: (819) 778-7758

Saguenay-Lac-Saint-Jean

Association touristique du Saguenay-Lac-Saint-Jean
198, rue Racine Est
Bureau 210
Chicoutimi (Québec) G7H 1R9
Tel.: (418) 543-9778
1 800 463-9651 (from Québec)
Fax: (418) 543-1805

LODGING

For complete information on different types of lodging, consult the *Accommodations in Québec* directory published by Tourisme Québec or contact one of the following organizations:

B + Bs

Fédération des Agricotours du Québec

4545, avenue Pierre-De Coubertin
C.P. 1000, succ. M
Montréal (Québec) H1V 3R2
Tel.: (514) 252-3138
Fax: (514) 252-3173

CAMPGROUNDS

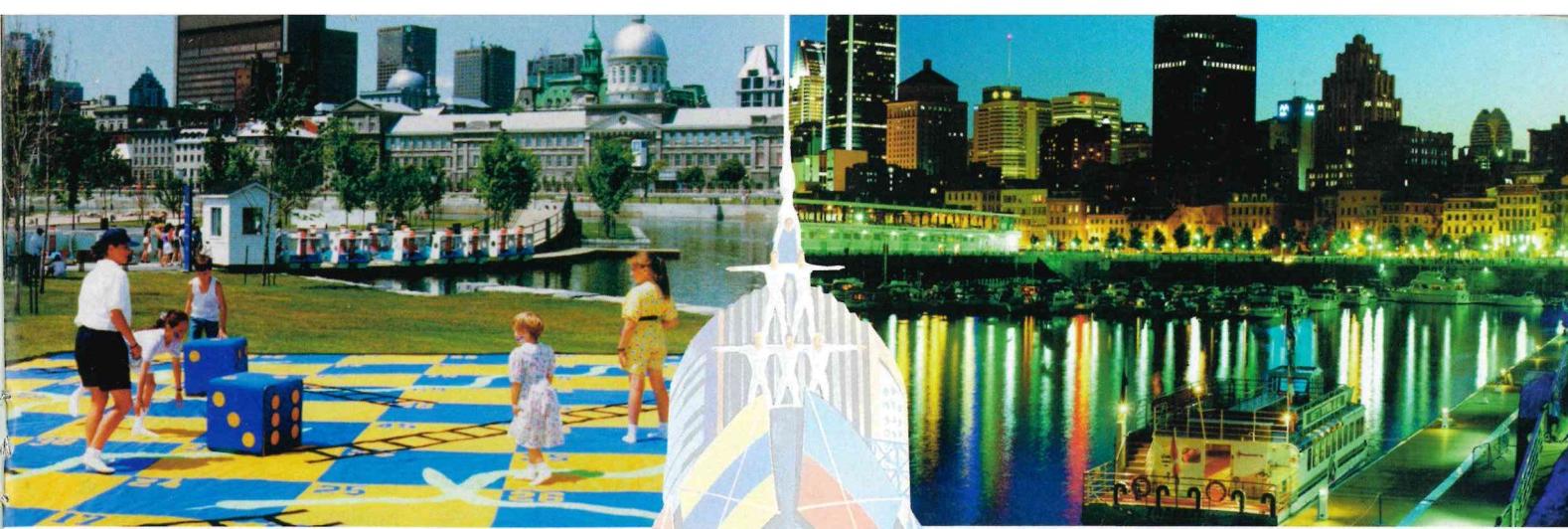
Camping Québec

2001, rue de la Métropole
Bureau 700
Longueuil (Québec) J4G 1S9
Tel.: (514) 651-7396
1 800 363-0457 (from Québec and Ontario)
Fax: (514) 651-7397

OUTFITTERS

Fédérations des pourvoyeurs du Québec

2485, boulevard Wilfrid-Hamel
Québec (Québec) G1P 2H9
Tel.: (418) 527-5191
1 800 363-0457 (from Québec)
Fax: (418) 527-8326



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internet: www.svpm.ca

A D D R E S S E S

Fort Ingall

81, chemin Caldwell
Cabano
Tel.: (418) 854-2375
Every day from June 22
to September 2
Admission: \$6

Grosse île National Historic Site

Tel.: (418) 563-4009
1 800 463-6769 (from Canada)
Every day from May 1
to October 31
Trip price: \$32

Jardins de Métis

200, route 132
Grand-Métis
Tel.: (418) 775-2221
Every day from June 1
to October 14
Admission: \$7

Musée de la Gaspésie

80, boulevard Gaspé
Gaspé
Tel.: (418) 368-1536
Every day from June 24
to September 2
Closed Monday and Saturday
the rest of the year
Admission: \$3.50

Musée de la mer

1034, rue du Phare Ouest
Pointe-au-Père
Tel.: (418) 724-6214
Every day from June 15
to October 15
Admission: \$4.75

Musée maritime Bernier

55, rue des Pionniers Est
L'Islet-sur-Mer
Tel.: (418) 247-5001
Every day from May 19 to October 14
Tuesday to Friday the rest of the year
Admission: \$4

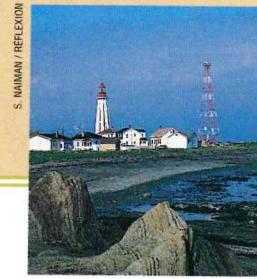
Parc de Miguasha

231, route Miguasha Ouest
Nouvelle
Tel.: (418) 794-2475
Every day from June
to late September
Free admission

Seigneurie des Aulnaies

525, rue de la Seigneurie
Saint-Roch-des-Aulnaies
Tel.: (418) 354-2800
Every day from June 15
to October 13
Admission: \$5

The admission prices shown are the regular rates for adults, updated to February 1996.
Seniors, students, children, families and groups are often entitled to a reduction.



In the town of Gaspé you can learn all about the region's inspiring history at the Musée de la Gaspésie. The high point of any trip to the area must be a visit to Rocher Percé, a rock sculpted by the wind and salt sea, soaring out of the water at Percé. From there you can also catch a boat to Île Bonaventure, and marvel at North America's largest colony of gannets. As you're coming back along the south shore of the Gaspé, be sure to stop off at the internationally renowned Parc de Miguasha, in the Chaleur Bay, west of Carleton. There you can admire fossilized fish and plants dating back more than 370 million years. ●

Pointe-au-Père lighthouse

The Whale Route

2400 km (1490 mi) / 14 days



Whale-lovers flock to the St. Lawrence estuary, where a number of different species come to cruise the waters in season. The best observation points are the Pointe-Noire promontory, at Baie-Sainte-Catherine, and Cap-de-Bon-Désir, at Grandes-Bergeronnes, two exceptional natural sites connected to the Saguenay Marine Park.

A Land of Art and Beauty

The Whale Route takes you through the Charlevoix region, with its grandiose and inspiring landscapes. Baie-Saint-Paul is home to many artists, whose work can be seen in the numerous local galleries and art centres. You can move on to Île aux Coudres to take in the region's

crafts, its derelict schooners, 19th-century windmills and pastoral setting. At Saint-Irénée, enjoy superb summer concerts in the intimate surroundings of Domaine Forget. Other amusement awaits you in just as enchanting a setting, at the Casino de Charlevoix in Pointe-au-Pic.

For another side of Charlevoix, the Parc des Grands-Jardins offers hikers, mountain bikers and canoeists a small taste of Québec's Far North, just 120 km (75 mi) from Québec City. Another must-see is the Parc des Hautes-Gorges-de-la-Rivière-Malbaie, where you can take boat cruises and crane up at its breathtakingly steep cliffs.

Tadoussac, with its marine mammal interpretation centre (Centre d'interprétation des mammifères marins), is the gateway to the Manicouagan

region. Along with Baie-Sainte-Catherine, Les Escoumins and Pointe-des-Monts, it is one of the main departure points for whale-watching excursions.

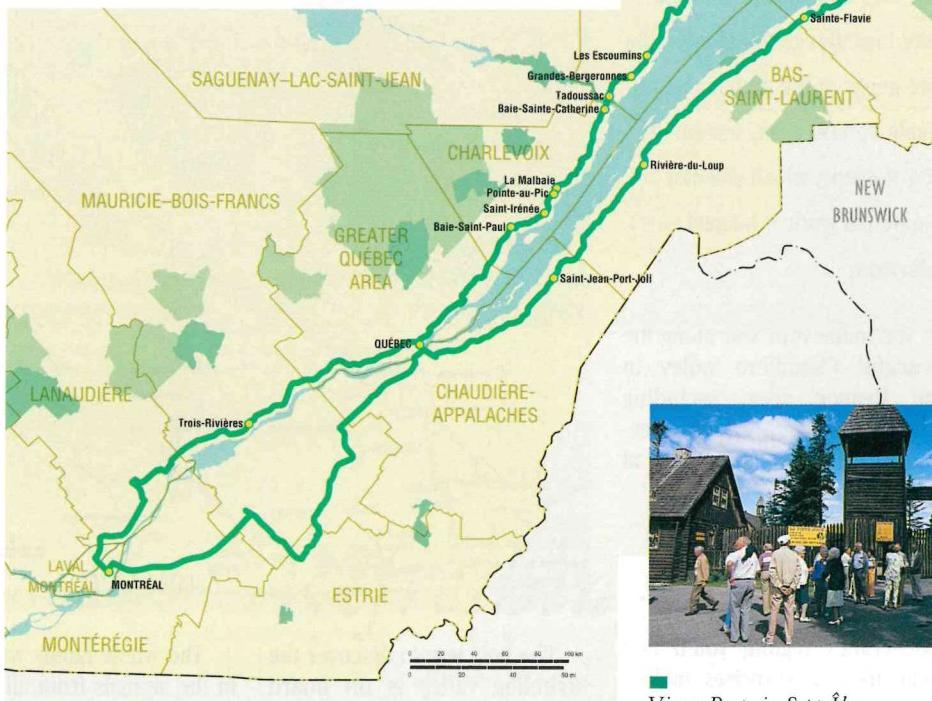
At Baie-Comeau, you can leave the coast and head north to Manic-Cinque, to admire the enormous Daniel-Johnson dam, whose lines of arches and buttresses are elegant symbols of its immense power.

Natural Wonders

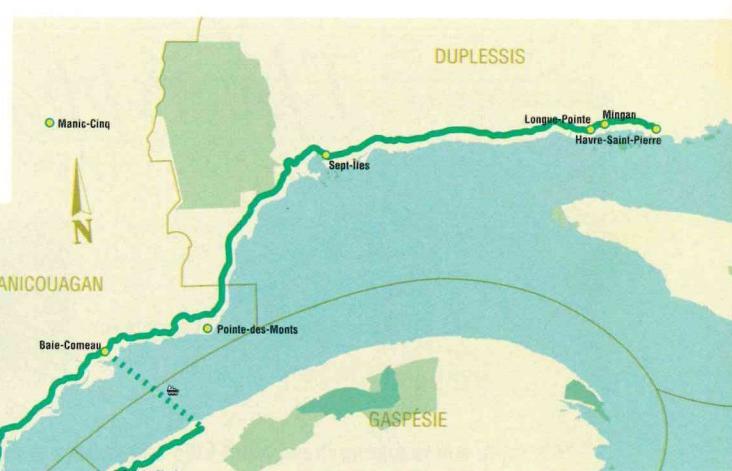
The coastline of the Duplessis region is both wild and accessible. In Sept-Îles you can walk around the Vieux-Poste, a reconstructed Montagnais trading post, learn about regional history at the Musée régional de la Côte-Nord, and visit the Parc de l'Archipel-des-Sept-Îles, an ideal place for observing seabirds and marine mammals. From Longue-Pointe, take a boat out to say hello to the whales.



■ Centre d'interprétation des mammifères marins



Vieux-Poste in Sept-Îles



A photograph showing a group of about ten people, mostly men, standing in front of a large wooden gate. The gate is part of a fence surrounding a historical site. In the background, there are several wooden buildings with traditional thatched roofs, and tall evergreen trees under a clear blue sky.

Just a boat ride away from Mingan and Havre-Saint-Pierre, another awe-inspiring sight awaits you in the Mingan archipelago, with its fascinating monoliths; Île d'Anticosti, farther out in the St. Lawrence, is famous for its sea-sculpted coast, its gorges, rushing rivers and caves. If you're curious to see what lies beyond the end of the road on the Lower North Shore, you can easily go coast-hopping by boat, visiting the isolated communities dotted along the coast as far as Labrador. ●

A D D R E S S E S

Cap-de-Bon-Désir Interpretation and Observation Centre

166, route 138
Grandes-Bergeronnes
Tel.: (418) 232-6751 or 235-4703
Every day from June 15
to October 14
Admission: \$3.75

Casino de Charlevoix

183, avenue Richelieu
Pointe-au-Pic
Tel.: (418) 665-5353
1 800 965-5355 (from Canada and
the United States)
Every day
Free admission

Centre d'art and Centre d'exposition

4 and 23, rue Ambroise-Fafard
Baie-Saint-Paul
Tel.: (418) 435-3681
Every day
Admission: \$3

**Centre d'interprétation
des mammifères marins**

108, rue de la Cale-Sèche
Tadoussac
Tel.: (418) 235-4701
Every day from May 15
to October 30
Admission: \$4.75 (+ taxes)

Manic-5 Power Station

Tel.: (418) 294-3923
Every day from June 15
to September 2
Free admission

Musée régional de la Côte-Nord

500, boulevard Laure
Sept-Îles
Tel.: (418) 968-2070
Every day from June 24
to September 2
Closed Saturday the rest of the year
Admission: \$3.25 (+ taxes)

Pointe-Noire Interpretation and Observation Centre

Route 138
Baie-Sainte-Catherine
Tel: (418) 237-4383
(418) 235-4703 (off season)
Every day from June 15
to September 2
Friday to Sunday from September 3
to October 14
Admission: \$2.50

Vieux-Poste

Boulevard des Montagnais
Sept-Îles
Tel.: (418) 968-2070
Every day from June 22
to August 22
Admission: \$3.25 (+ taxes)

The admission prices shown are the regular rates for adults, updated to February 1996. Seniors, students, children, families and groups are often entitled to a reduction.

The Appalachian Route

1215 km (755 mi) / 7 days



This route winds among the verdant hills and valleys of Estrie (the Eastern Townships), and the fertile lowlands of the Montérégie region. On the horizon lie the rounded peaks of the Appalachians.

The Townships have many remarkable natural sites, including the Gorge de Coaticook (50 m/164 ft deep), which you can admire from above as you navigate the world's longest suspended footbridge.

Atop Mont Mégantic, overlooking Notre-Dame-des-Bois, soak up the view from the observatory, at 1100 m (3610 ft) the highest point accessible by road in Québec. Down the road, Parc du Mont-Orford is a true outdoor paradise, with water sports, golf, cycling, camping, and skiing. The Centre d'arts Orford, right in the park, offers a series of popular concerts in the summer.

The Eastern Townships are United Empire Loyalist country. They are also known for their charming New England-style villages, such as Knowlton (Lac-Brome) and North Hatley. Near Sherbrooke, Compton takes pride in one of its native sons, Louis S. St. Laurent, Prime Minister of Canada from 1948 to 1957. Visitors can tour his birthplace.

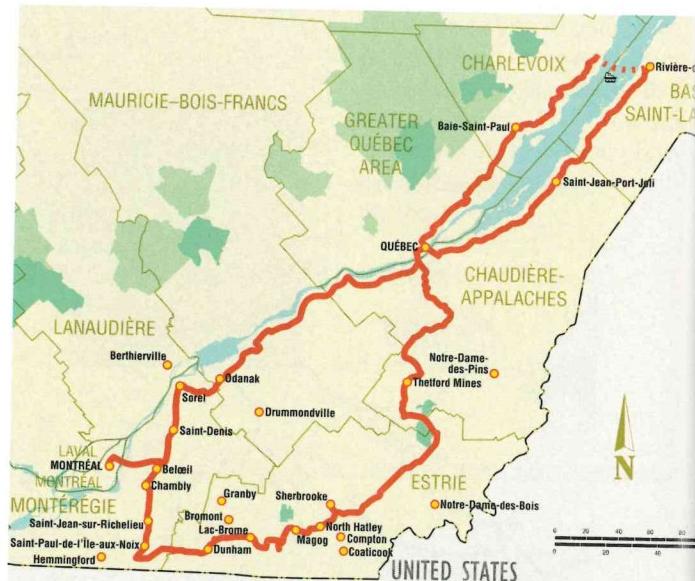
While you are in Thetford Mines, in the Chaudière-Appalaches region, you can visit a mineralogical and mining museum and watch operations at an open-pit asbestos mine. You'll find many reasons to stop

as you make your way along the peaceful Chaudière valley in the Beauce area, including Québec's longest wooden covered bridge (155 m/510 ft), at Notre-Dame-des-Pins.

History and Nature

Along the Rivière Saint-François, in the Mauricie-Bois-Francs region, you'll find many pleasant surprises, including a fascinating museum illustrating the Abenaki culture, at Odanak, and the Village québécois d'antan, in Drummondville, which recreates local rural life in the 19th century.

The Montérégie region is proud of its military heritage. Fort Chamby, whose 17th-century walls still echo to the sounds of the colonial wars, and Fort Lennox (Saint-Paul-de-l'Île-aux-Noix), both on the Rivière Richelieu, are among the most remarkable national historic sites in the region. The Maison nationale des Patriotes, at Saint-Denis, marks another memorable episode in the history of Québec.



The best way to discover the Richelieu valley is on board one of the boats that cruise the river, leaving from Beloeil or Saint-Jean-sur-Richelieu. Boat trips also run from Sorel and Berthierville to explore the flora and fauna of the Lac Saint-Pierre archipelago.

The whole family will delight in the animals from all over the world at the Granby Zoo and Hemmingford Parc Safari. Catch your breath and soak up some sun afterwards as you sample the wares at one of the vineyards in Dunham, the birthplace of wine-making in Québec, or sip some cider—Montérégie is Québec's apple capital, after all! ●



Fort Chamby

A D D R E S S E S

Fort Chamby National Historic Site

2, rue Richelieu
Chamby
Tel.: (514) 658-1585
Every day from May 15 to September 30
Wednesday to Sunday from October 1 to December 8
Admission: \$3.25

Fort Lennox National Historic Site

1, 61^e Avenue
Saint-Paul-de-l'Île-aux-Noix
Tel.: (514) 291-5700
Every day from May 20 to September 29
Admission: \$4

Granby Zoo

347, rue Bourget
Granby
Tel.: (514) 372-9113
Every day from May 18 to September 2
Saturday and Sunday from September 7 to October 14
Admission: \$16

Louis S. St. Laurent National Historic Site

6, rue Principale Sud
Compton
Tel.: (819) 835-5448
Every day from May 11 to October 13
Admission: \$2.50

Maison nationale des Patriotes

610, chemin des Patriotes
Saint-Denis
Tel.: (514) 787-3623
Every day except Monday from May to late September and November
Admission: \$3

Musée des Abénaquis

108, rue Waban-aki
Odanak
Tel.: (514) 568-2600
Every day from May to late October
By reservation the rest of the year
Admission: \$3.50 (+taxes)

Musée minéralogique et minier

671, boulevard Smith Sud
Thetford Mines
Tel.: (418) 335-2123
Every day from June 24 to September 2
Closed Monday the rest of the year
Admission: \$4.25; \$12 with mine visit

Parc de la Gorge-de-Coaticook

135, rue Michaud
Coaticook
Tel.: (819) 849-2331
Every day from May 4 to November 2
Admission: \$6

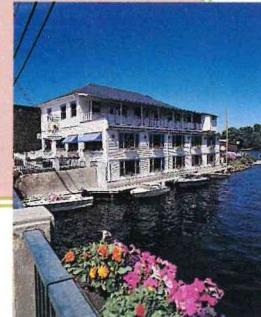
Parc Safari

850, route 202
Hemmingford
Tel.: (514) 247-2727
1 800 465-8724 (from Canada and the United States)
Every day from May 18 to September 8
Admission: \$19

Village québécois d'antan

1425, rue Montplaisir
Drummondville
Tel.: (819) 478-1441
Every day from June 1 to September 2
Saturday and Sunday from September 1 to 29
Admission: \$9

The admission prices shown are the regular rates for adults, updated to February 1996.
Seniors, students, children, families and groups are often entitled to a reduction.



North Hatley

M. GAGNÉ / REFLEXION

Refreshing Resorts

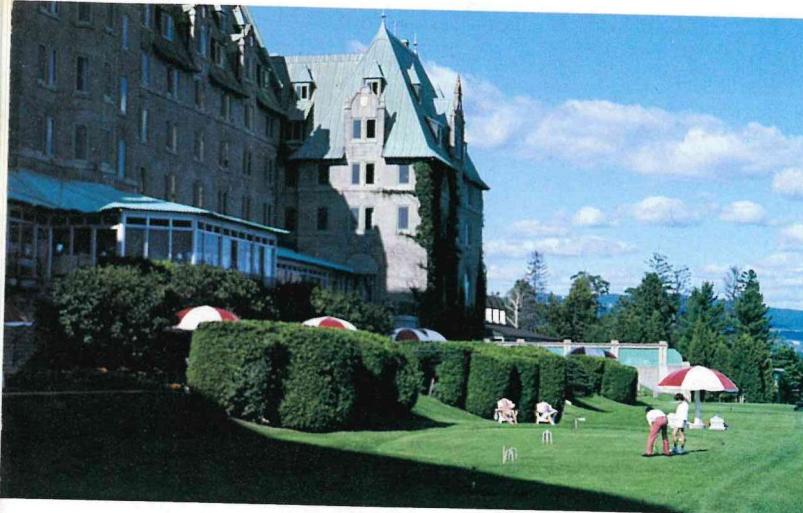


S. MAIEAU / TOURISME QUÉBEC

Just off the major tourist itineraries you'll find numerous resorts that offer fine cuisine, comfort and as much relaxation as you want, all wrapped up in a natural green ribbon and scented with fresh air. The network of tourist resorts, a vital link in the Québec hotel industry, offers a wide variety of customized packages, for a few days or a few weeks. Here you'll find all the facilities and activities you could possibly hope for, at any time of the year.

North Hatley

In summer, warm up with a tennis game in the morning, then enjoy the afternoon sun on the golf course. Hop on your bicycle, or saddle up a horse, and just go exploring. Later you can slip into the crystal waters of a lake with just the mountains for company. In winter, build that perfect snowman you've always wanted to make, strap on the boards and hit the slopes (they're never far away), explore the peaceful woods on snowshoes, or go for miles across frozen lakes on cross-country skis or a snowmobile. Set your spirit free and let it guide you; you'll return home fit and well-rested.



MIA ET KLAUS / SUPERSTOCK

Dream Vacations

The Laurentides, Estrie, Charlevoix and the Îles-de-la-Madeleine are four of the province's most popular resort regions.

The Laurentides enjoy an international reputation. Here among the mountains and lakes, dotted with storybook villages (Sainte-Adèle, Saint-Sauveur-des-Monts, Sainte-Agathe-des-Monts, Mont-Tremblant) and overflowing with activities, you'll find a veritable vacationer's paradise.

ADDRESSES

For more information on resorts in Québec, contact

Québec Resorts & Country Inns Hôtellerie champêtre

445, rue Saint-Antoine Ouest
Bureau 114
Montréal (Québec) H2Z 1J1
CANADA

To get your free *Four Season Package guide*, call
1 800 363-7777
(toll free from Québec,
elsewhere in Canada and
the United States).
Ask for operator 193.

Estrie offers sparkling lakes (Memphremagog, Massawippi), well-known tourist centres (Bromont, Magog-Orford), and an astounding variety of things to do: golf, cycling, horseback riding, sliding at a water park, skiing and much more.

Charlevoix means the majestic St. Lawrence, headlands, peaks, meadows and rushing streams. It's no surprise that this is where the first resorts in Canada originated. Today, the region is famous for its first-class hotels and cuisine, casino, and a golf course framed by the mountains and the St. Lawrence, at Pointe-au-Pic.

The Îles-de-la-Madeleine lie 215 km (135 mi) off the coast of the Gaspé peninsula, with long sand beaches caressed by Atlantic breezes. Accessible by air and ferry, the islands are popular not only with vacationers looking for calm and a complete change of scene, but also with windsurfers and bird-watchers. A favourite meeting place for both visitors and *Madelinots*, as the inhabitants call themselves, is La Grave, a pebble beach with outdoor cafés and boutiques. ●

Charlevoix

Îles de la Madeleine



S. MAFALI / TOURISME QUÉBEC

BLAZING COLOURS

Fall in Québec can be breathtakingly beautiful, and is the perfect time to spend a few days at a resort.

During "Indian summer," the last warm breezes rustle through the gold, red and orange maple leaves.

The sun seems to coax the brilliant colours from the glowing hillsides, and the apples are at their most mouth-watering.

Quebecers of all ages take advantage of this last breath of summer to get out and admire the autumn colours.



The Laurentians

A Land Called Winter

Winter in Québec is an occasion for celebration, not hibernation. From November to March, spirits rise as the snow falls. Come join in the whirlwind of festivities, and see how Quebecers have found countless ways of making the very most of winter's many pleasures.

Gliding along cross-country ski trails through wooded valleys, night skiing on brightly lit slopes, enjoying breathtaking thrills on a snowmobile or basking in the silence on snowshoes—there's no shortage of ways to enjoy everything winter has to offer. It's also the perfect time to try something new: dogsledding, ice-fishing, or

seal-watching on the Îles-de-la-Madeleine.

You don't have to spend all your time in the great outdoors, either—winter in the city is full of things to do. Don your skates and take a spin around an ice rink, then catch a Montréal Canadiens hockey game at the brand-new Molson Centre.

Window shopping is another favourite sport, especially in Montréal's underground malls. And then there are all the different carnivals and winter festivities!

Winter in Québec is hot! •



Y. TESSIER / TESSIMA

Skiing



S. MAJEAU

It's no wonder that Québec draws more than one million skiers every year. First of all there are its two major mountain ranges, the Laurentians and Appalachians, then its abundant snowfall (an average of 3 m/10 ft every year), and over 800 trails to challenge skiers of all calibres at more than 100 resorts, most located less than an hour from the major cities, not to mention a season lasting close to half the year.

Trails are perfectly maintained, of course, and feature the most modern equipment and the latest in artificial snow-making technology. Between runs you might be lucky enough to catch one of the many international competitions held in Québec each year. And the fun doesn't stop when the sun goes down! We boast the best night skiing in America.

After enjoying the perfect snow conditions all day, you can relax at one of the many comfortable facilities at the foot of the slopes. Packages are available, including meals, lessons and unlimited skiing. And since you're in Québec, it's all topped off with genuine hospitality and first-class cuisine.

Four Kinds of Perfection

There are four major ski areas in Québec: the Laurentide Estrie, the Greater Québec Area and Charlevoix.

Less than an hour from Montréal, the Laurentian mountains have the highest concentration of alpine ski resorts and lighted trails in North America. Among the best known are Tremblant, Gray Rocks, Mont Saint-Sauveur, Mont Blanc, Ski Chantecler and Mont Gabriel, all set amidst the incomparable charm and hospitality of mountainside villages.

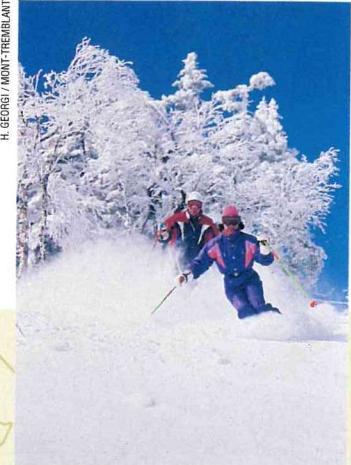
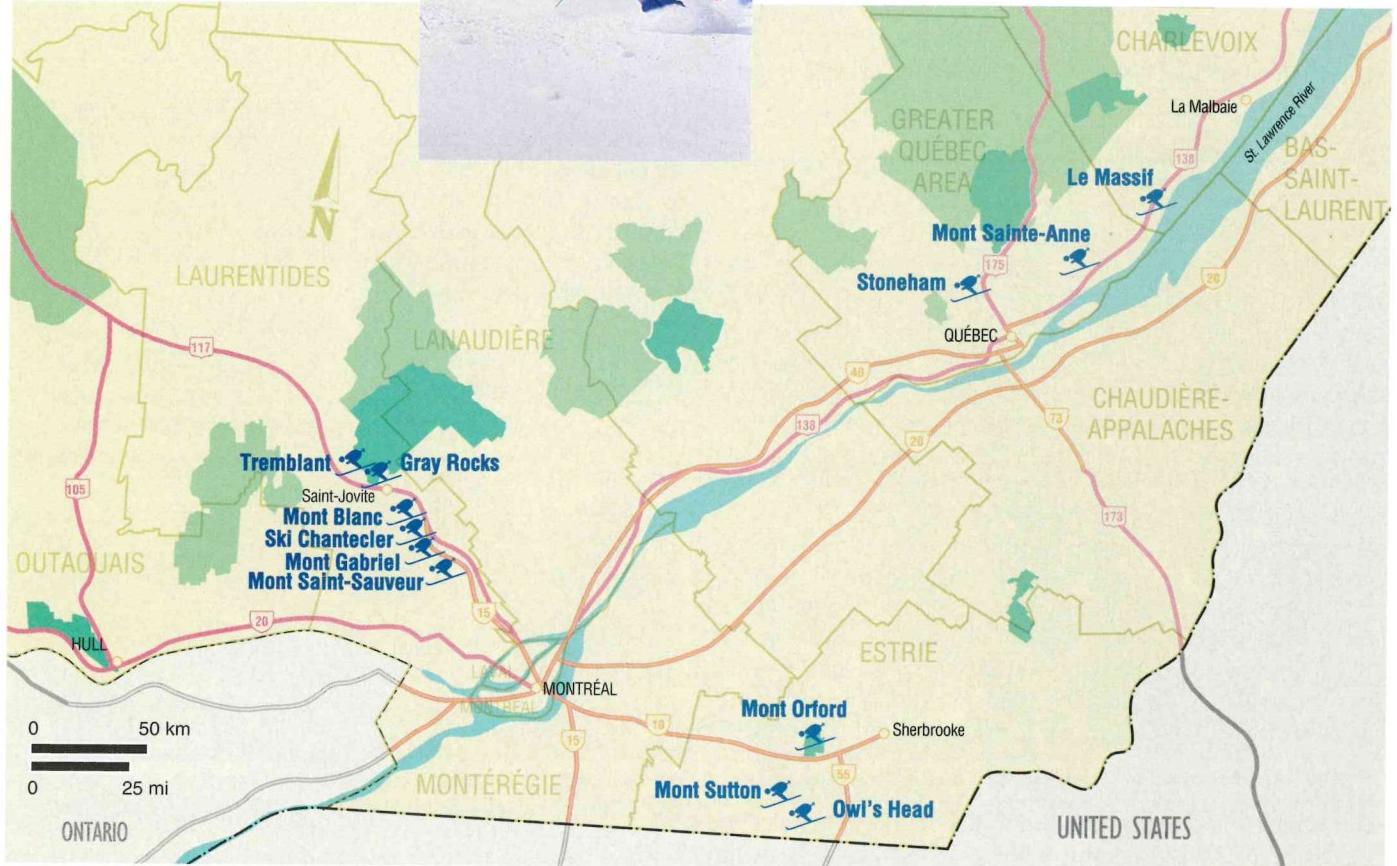
Halfway between Montréal and the US border, Estrie is known for high peaks and great ski centres. Mont Orford, Mont Sutton and Owl's Head, perched in the enchanting Appalachians, have earned themselves a faithful following.

Just a few minutes from the charms of Québec City, you can enjoy superb skiing. Mont Sainte-Anne speeds skiers up to the top of its 50 trails on its 8-passenger gondola and express chairlifts, while Stoneham has the largest lighted ski area in Canada.

In the Charlevoix region, Le Massif at Petite-Rivière-Saint-François overlooks the St. Lawrence River. With the highest vertical drop in Québec, the centre caters to skiers looking for new challenges.

Winter in Québec: mountains of snow, mountains of fun! •

Ski centre	Vertical drop (metres/feet)	Trails			Lifts	Night skiing
		TOTAL	EASY	INTERMEDIATE		
CHARLEVOIX						
Le Massif	770/2525	18	4	4	10	2
Petite-Rivière-Saint-François						
Tel.: (418) 632-5876						
ESTRIE						
Mont Orford	540/1770	41	16	14	11	8
Magog-Orford						
Tel.: (819) 843-6548						
Ski conditions: 1 800 567-2772 (from Québec)						
Mont Sutton	460/1500	53	17	15	21	9
Sutton						
Tel.: (514) 538-2545						
Ski conditions: (514) 866-7639						
Owl's Head	540/1770	27	8	12	7	7
Mansonville						
Tel.: (514) 292-3342						
GREATER QUÉBEC AREA						
Mont Sainte-Anne	625/2050	51	12	23	16	12
Beaupré						
Tel.: (418) 827-4561						
Ski conditions: (418) 827-5727						
Stoneham	420/1380	25	8	10	7	10
Stoneham						
Tel.: (418) 848-2411						
1 800 463-6888 (from Québec, Ontario and the Maritimes)						
Ski conditions: (418) 848-2415						
LAURENTIDES						
Gray Rocks	190/620	20	4	9	7	4
Saint-Jovite						
Tel.: (819) 425-2771						
1 800 567-6767 (from Québec, elsewhere in Canada and the United States)						
Mont Blanc	305/1000	35	11	13	11	8
Saint-Faustin						
Tel.: (819) 688-2444						
1 800 567-6715 (from Québec, elsewhere in Canada and the United States)						
Mont Gabriel	200/655	12	2	4	6	10
Mont-Rolland						
Tel.: (514) 227-1100						
1 800 475-1106 (from Québec, Ontario and the Maritimes)						
Mont Saint-Sauveur	213/700	29	5	9	15	9
Saint-Sauveur-des-Monts						
Tel.: (514) 227-4671						
1 800 363-2426 (from Québec, elsewhere in Canada and the United States)						
Ski Chantecler	183/600	22	9	9	4	8
Sainte-Adèle						
Tel.: (514) 229-3555						
Ski conditions: (514) 339-4573						
Tremblant	650/2130	71	14	33	24	10
Mont-Tremblant						
Tel.: (819) 425-8711						
1 800 461-8711 (from Québec, elsewhere in Canada and the United States)						



CROSS-COUNTRY SKIING

What could be more exhilarating than gliding through still, pine-scented woods, to the sounds of rushing water beneath the ice beside the trail, or the squeaking of your skis as you cross the empty expanse of a snow-covered lake sparkling in the brilliant winter sun?

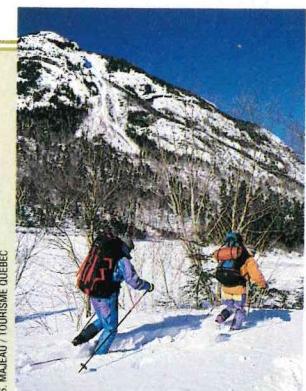
Whether you're simply out for a leisurely stroll in the woods or prefer long-distance

treks, you'll find some thirty major centres and thousands of kilometres of well-maintained and marked trails, dotted along the way with huts and relay stations. Many of these centres offer lessons, guided tours and equipment rental.

There are lots of delightful trails close to the cities, sometimes even in the cities themselves, but some of the most

memorable experiences await you in Québec's magnificent parks and reserves. The most extensive networks, ranging from 150 to over 300 km (95 to over 185 mi), are to be found in the Gatineau, Mont-Sainte-Anne and Gaspésie parks and the Réserve faunique des Laurentides.

Cross-country skiing is the sure trail to fun and fitness! ●



Snowmobiling



Looking for an unusual experience? Do you thirst to explore vast snowy expanses, deep forests and broad frozen lakes?

There's only one way to discover much of Québec's immense wilderness, and that's aboard a snowmobile.

Québec and snowmobiles were made for each other. These ingenious machines throw the doors open wide to parts of the province that would otherwise be inaccessible. When Joseph-Armand Bombardier of Québec invented the perfect winter vehicle in 1922, he had no idea of how popular it would become. The snowmobile is an essential means of travel for many native people in Québec, a powerful steed for racers and other outdoor enthusiasts, and a source of fun for the whole family.

Québec's love affair with snowmobiling has engendered a network of trails extensive enough to satisfy everyone, from the family out for a Sunday afternoon of fun to hard-bitten explorers. There are over 30,000 km (18,600 mi) of trails, including the 9000 km

(5600 mi) of the Trans-Québec network winding through almost every corner of the province. Along the clearly marked and carefully maintained trails, snowmobilers can find everything they need: fuel, repairs and rentals, heated huts, lodging and food.

Snowmobilers' clubs organize a host of terrifically popular and colourful competitions and events all season long, like the North American snowmobile festival in Thetford Mines and the Provincial Snowmobile Festival in Saint-Gabriel. And don't miss the Grand Prix in Valcourt, where you can also visit the J.-Armand-Bombardier museum.

Snowmobiles are also a great way to get to other winter activities, ice fishing in particular. There's nothing like the warm



D. DORVAL / TOURISME QUÉBEC

camaraderie of a day spent fishing out in one of the little towns of shacks that spring up on the ice of the St. Lawrence, Saguenay and Sainte-Anne rivers as soon as they freeze over.

Straddle a snowmobile and take control of winter! ●

ADDRESS

Musée J.-Armand-Bombardier

1001, avenue J.-A.-Bombardier
Valcourt
Tel.: (514) 532-5300
Every day from June 24 to September 2
Closed on Monday the rest of the year
Admission: \$5

For more information on snowmobiling, contact Tourisme Québec or consult the maps produced by the Fédération des clubs de motoneigistes du Québec and some regional tourist associations.

SUGARING-OFF TIME!

As the days lengthen in April, excitement rises along with the sap in the maple trees. It's sugaring-off time!

Indians showed the first settlers how to collect maple sap and boil it down into a rich, flavourful syrup. This ritual has given birth to a flourishing industry that produces enormous quantities of maple syrup, sugar and taffy every year. In fact, 85% of all Canadian maple products come from Québec.

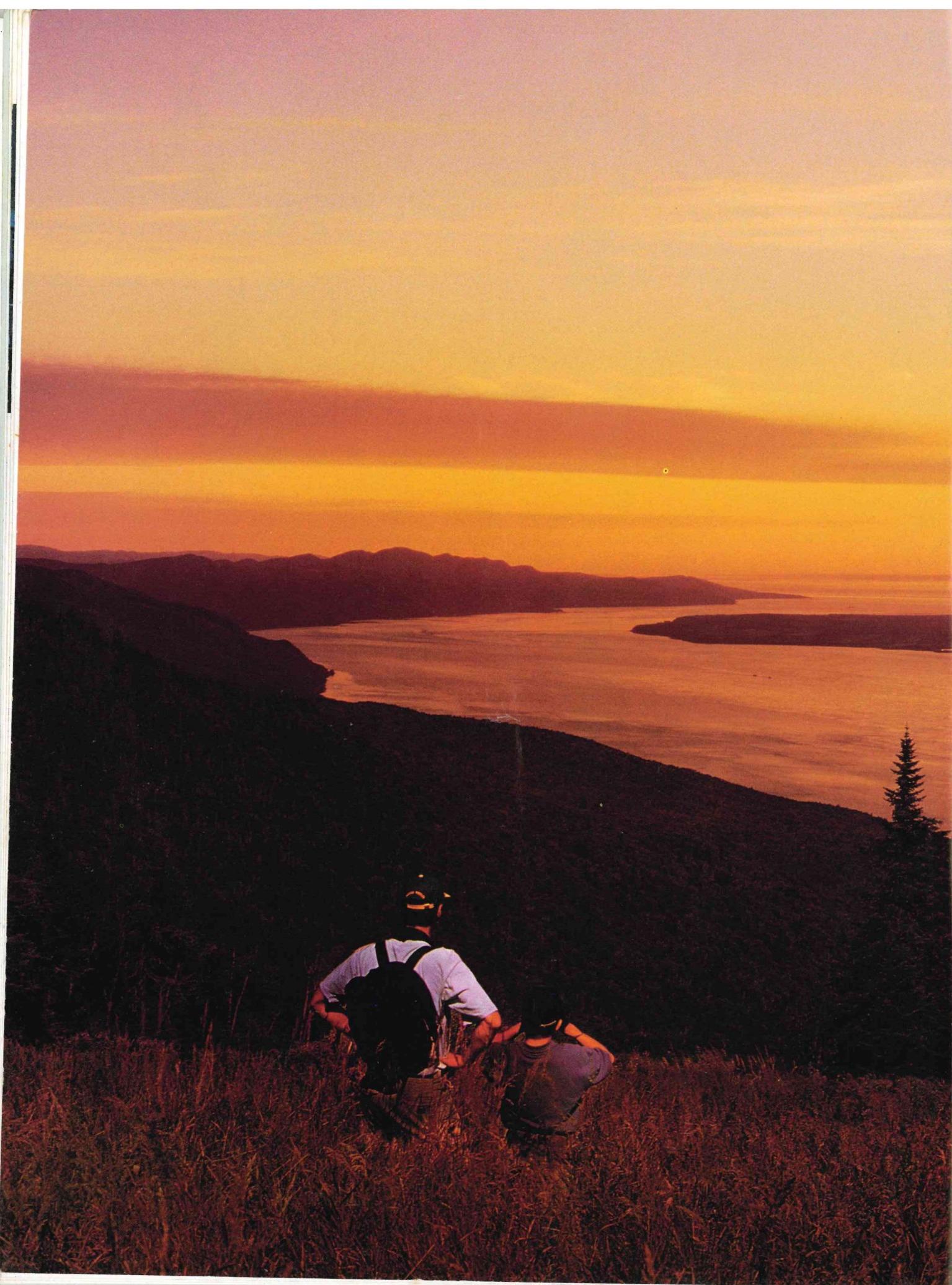
room left after the feast (and people always manage to find some somewhere), you can join in making maple taffy outside on the snow.

Later, enjoy some fresh spring air with a ride in a horse-drawn wagon, or take part in the celebrations at the Festival beauceron de l'érale (Beauce maple festival) in Saint-Georges and the Maple Festival in Plessisville.

Sugaring-off is one of Québec's most vibrant traditions. Come join in the fun! ●







Get Away to the Great Outdoors

Québec is huge, much of it still untamed, and graced with just about every kind of landscape imaginable: wooded hills, grassy plains, rugged mountains, gorges and cliffs, dense forests, countless lakes and rivers, and bounteous parks and reserves, not to mention 6000 km (3700 mi) of coastline. Looking for nature?

This is where you'll find it.

The province is home to some 700 animal species, and a multitude of different varieties of fish and birds. Quebecers aren't the only ones to feel pride in all this carefully preserved natural splendour—UNESCO has declared both the Charlevoix region, with its Grands-Jardins and Hautes-Gorges-de-la-Rivière-Malbaie

parks, and Mont-Saint-Hilaire, with its Nature Conservation Centre close to Montréal, to be world biosphere reserves.

Whether you're a dedicated city-dweller or an inveterate nature lover, a hopeless romantic or a seasoned traveller, Québec is the place to get away

and catch your dreams. Roam the backroads, pitch your tent deep in the woods, dive into lonely lakes, test yourself on roaring rapids. Pull on your pack and strap on your camera, this is your chance to share in the freedom of flocks of Canada geese or thrill to the sight of a finback whale. Cast your line into clear waters and pull in a trout, or track the majestic caribou herds in Québec's Far North.



S. MAJEAU

Parc des Hautes-Gorges-de-la-Rivière-Malbaie

You're bound to enjoy yourself in Québec—naturally! ■

PARKS AND WILDLIFE RESERVES IN QUÉBEC

Discover Québec's true nature in one of its parks or wildlife reserves. Some were created to protect exceptional ecosystems, others for recreation, but each one has its own special features and distinct personality.



MONT-ORFORD

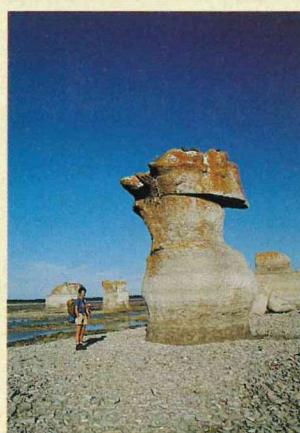
■ Parc du Mont-Orford

There are about 20 national and provincial parks and 18 wildlife reserves scattered throughout Québec, all easily accessible by road. Some are located just outside major cities.

They hold a simple remedy to the stresses of everyday life: fresh air, relaxation and all kinds of activities, from hiking to horseback riding, skiing, swimming, mountain biking, canoeing, rafting, wildlife observation, rock-climbing and more. Services include marked trails, nature interpretation panels, maps and equipment rental.

The table on the next page lists the main activities and types of accommodation at the various parks and wildlife reserves mentioned in the brochure.

In the mood for a different kettle of fish? A number of hatcheries (Saint-Faustin and Tadoussac) and ladders for migrating Atlantic salmon (Baie-Trinité, La Baie, Les Escoumins, Godbout, Port-Cartier and Matane) let the whole family get a close-up look at some of the fish native to Québec waters. ■



S. MAJEAU

Mingan Archipelago

P A R K S A N D
W I L D L I F E R E S E R V E S

Parks and wildlife reserves	Activities							
	Boat cruises	Canoeing Canoe-camping	Rafting	Golf	Wildlife observation	Cycling	Hiking	Hunting
Abitibi-Témiscamingue Parc d'Aiguebelle Tel.: (819) 637-5950 or 762-8154		●			●	●	●	●
Bas-Saint-Laurent Parc du Bic Tel.: (418) 727-3830 or 736-5035	●				●	●	●	●
Charlevoix Parc des Grands-Jardins Tel.: (418) 846-2057 or 622-5151		●			●	●	●	●
Parc des Hautes-Gorges-de-la-Rivière-Malbaie Tel.: (418) 439-4402	●	●			●	●	●	●
Duplessis Mingan Archipelago National Park Reserve Tel.: (418) 538-3331	●				●			●
Parc de l'Archipel-des-Sept-Îles Tel.: (418) 962-1238	●	●			●			●
Estrie Parc du Mont-Mégantic Tel.: (819) 821-2020 or 888-2206				●	●	●	●	●
Parc du Mont-Orford Tel.: (819) 843-9855 or 843-6233		●		●	●	●	●	●
Gaspésie Forillon National Park Tel.: (418) 368-5505	●				●	●	●	●
Parc de la Gaspésie Tel.: (418) 763-3301 or 763-7811		●			●	●	●	●
Greater Québec Area Cap Tourmente National Wildlife Area Tel.: (418) 827-4591 or 827-3776					●			●
Parc de la Jacques-Cartier Tel.: (418) 848-3169 or 622-5151		●	●		●	●	●	●
Réserve faunique des Laurentides Tel.: (418) 848-2422 or 686-1717		●			●			●
Laurentides/Lanaudière Parc d'Oka Tel.: (514) 479-8365 or 479-8328		●			●	●	●	●
Parc du Mont-Tremblant Tel.: (819) 688-2281		●			●	●	●	●
Mauricie-Bois-Francs La Mauricie National Park Tel.: (819) 536-2638		●			●	●	●	●
Outaouais Gatineau Park Tel.: (819) 827-2020		●			●	●	●	●
Réserve faunique de Plaisance Tel.: (819) 427-5334		●			●	●	●	●
Réserve faunique La Vérendrye Tel.: (819) 736-7431 or 438-2017		●						
Saguenay-Lac-Saint-Jean Parc du Saguenay Tel.: (418) 272-2267 or 235-4238		●			●			●

MARVELS OF SEA AND SKY

Here's your chance to slip into the pages of *Moby Dick*. Just focus your camera or binoculars, slowly scan the horizon, and—thar she blows! Spotting one of these huge marine mammals must be one of the most exciting experiences there is, and Québec is one of the few places on earth where you can see such a variety. Between June and September, no fewer than ten species of whales, including finbacks, humpbacks, blues and others, come to feed in the waters of the St. Lawrence estuary. From Baie-Sainte-Catherine to Longue-Pointe, from Rivière-du-Loup to Percé, boats of all shapes and sizes will take you out to observe these wondrous creatures at close range.

Perhaps you're more interested in winged wildlife. You're in the right place! In spring and fall, snow geese in the tens of thousands stop off on the shores of the St. Lawrence, en route between the Arctic and the eastern seaboard of the United States. The sight and sound of so many birds, covering the ground and exploding into the air, is a spectacle not to be missed.

You can observe them at the Cap Tourmente National Wildlife Area, near Québec City, and at Montmagny, on the opposite shore, where you can also take in the very popular Snow Goose Festival. The Réserve faunique de Plaisance, another wildlife reserve, on the Ottawa River between Montréal and Hull, is a stopping point for large numbers of Canada geese every spring. Baie-du-Febvre on Lac Saint-Pierre is another site prized by birdwatching enthusiasts. ●



- 1 -

Telephone reservations are necessary for some activities in Québec's parks and wildlife reserves. To reserve, contact

SEPAQ
801, chemin Saint-Louis
Québec (Québec) G1S 1C1
CANADA
Tel.: (418) 890-6527
1 800 665-6527 (from Québec, Ontario
and the eastern United States)

Hunting and Fishing



Blessed with dense forests and innumerable lakes and rivers, Québec is home to an incredible variety of game, from moose and bear to caribou and white-tailed deer. The skies, woods and marshes are alive with Canada geese and ptarmigans, partridges, snow geese, snipes and ducks. The waters swarm with walleye, pike, speckled trout, lake trout and Atlantic salmon. Alongside Indians and Inuit, the descendants of the *coureurs de bois* continue their age-old traditions of hunting and fishing.

Hunting and fishing enthusiasts flock from all over, drawn by the wealth of fish and game. Quebecers take good care of this incomparable natural resource, since for them hunting and fishing are perfect ways of enjoying the outdoors and getting back to the land.

Home Away from Home

Québec has several hundred outfitters' lodges, offering hunters and anglers not only quality accommodation but also all sorts of packages including meals, air transportation, guides, boats and all-terrain vehicles. They will also store and freeze your fish or game and ship it home for you.

And while you are staying at one of these wilderness lodges, there are lots of other activities to enjoy: hiking, canoeing, swimming, and picking fruit, berries and mushrooms.

Well-stocked Forests, Waters of Plenty

The hundreds of thousands of lakes and rivers in Québec are generally open for angling from

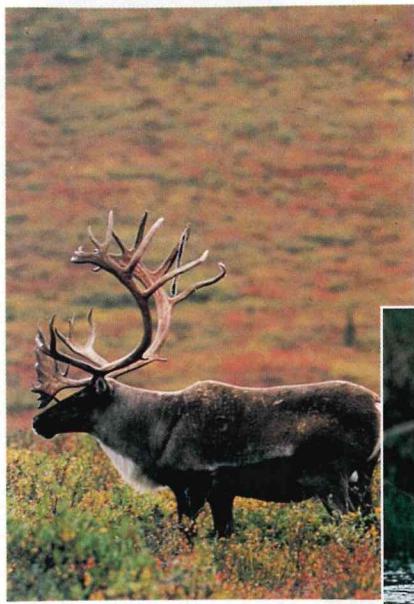
areas of the province practically year-round.

Québec is divided into 25 hunting and fishing zones that can easily be reached by road or air. Despite its denser population, southern Québec near the U.S. border and in the Montréal region is still a good bet for both hunters and anglers.

In western Québec, some of the largest herds of white-tailed deer in the province can be found, while the eastern part of the province has always been renowned for its wealth of Atlantic salmon. Central Québec is known for its abundant wildlife, in particular speckled trout, but

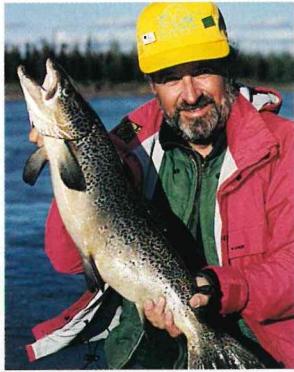


An outfitter's lodge



J. D. MAROU / TOURISME QUÉBEC

*Some popular Quebecers:
caribou, pintail
and landlocked salmon*



M.E.P./PUBLIPHOTO

For more information on fishing and hunting packages, consult the free brochure *Québec Fishing and Hunting Packages* published by Tourisme Québec; for fishing and hunting regulations, seasons, etc., contact the ministère de l'Environnement et de la Faune du Québec at
150, boul. René-Lévesque Est
Québec (Québec) G1R 4Y1
CANADA
Tel.: (418) 643-3127
1 800 561-1616 (from Québec)

Adventure Unlimited



Québec is a land of water, forests and mountains, much of it still untouched by civilization, where nature reigns supreme and you really get a sense of the words "space" and "freedom."

Off the Beaten Track

Whether you are a novice or an experienced trekker, on your own or with family or friends, Québec is bound to hold something that will appeal to your sense of adventure, no matter what the season. Spend a few days exploring on horseback, paddle over misty isolated lakes, or take pictures you'll treasure forever on a photo safari deep in the woods or out on the tumbling waves.

If mountain biking offers your kind of excitement, you can glide along thickly carpeted forest trails or toil up steep slopes and fly down the other side. To get far, far away from it all, hop through Québec's Far North in a bush plane. You hunger for heart-stopping excitement? Challenge our roaring rapids in a raft or kayak. And if a quieter kind of exhilaration is what you seek, lace up your hiking boots and just walk away from civilization.



J. BOUTIN

Adventure doesn't stop when the snow flies. Straddle a snowmobile and speed across virgin white fields and lakes. Step into your cross-country skis, throw on your pack and glide away into the woods. Harness up a dogsled, and you're off—the only



S. MAJEAU

sounds echoing in the stillness will be the panting of the dogs and the swishing of the sled runners.

Something for Everyone

The best thing about all these adventures is that you don't have to be an Indiana Jones to enjoy them. You can set out on the experience of a lifetime, in complete safety—thanks to Québec's adventure specialists, who offer a wide range of packages at different levels of difficulty, including introductory trips. You choose the type and length of expedition, from 2 to 30 days, to match your interests and your endurance.

Meeting the challenge of nature in Québec is a way of testing your own limits and finding out who you really are. ●

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Cette publication est aussi offerte en français.

QUÉBEC'S FAR NORTH

Above the 52nd parallel lies a land of taiga and tundra with a reputation as big as itself. This is Québec's Far North, taking in the territories of Baie-James and *Nunavik*, an Inuktitut word meaning "the land to live in."

This is the home of polar bears, seals, muskoxen and the largest caribou herd in the world. It is also the land of the Inuit, Cree and Naskapi, who have spent centuries learning how to adapt to a hostile environment. They invite you to share their rich cultural traditions and ancestral way of life, and marvel at the wonders of nature in this unique part of the world.

There are lots of ways to experience the Far North, depending on the season and your interests: trekking or rock-climbing in the Torngat Mountains, the highest range

in eastern Canada; running down spectacular rivers in canoes or sea kayaks; coursing across frozen lakes behind a dogsled, cruising around Hudson or Ungava bay on a snowmobile, or perhaps soaring in a bush plane over the sparkling tapestry of lakes flashing in the northern sun, all the way up to the astonishing and mysterious Nouveau-Québec meteorite crater. ●



M. GASCON / TOURISME QUÉBEC



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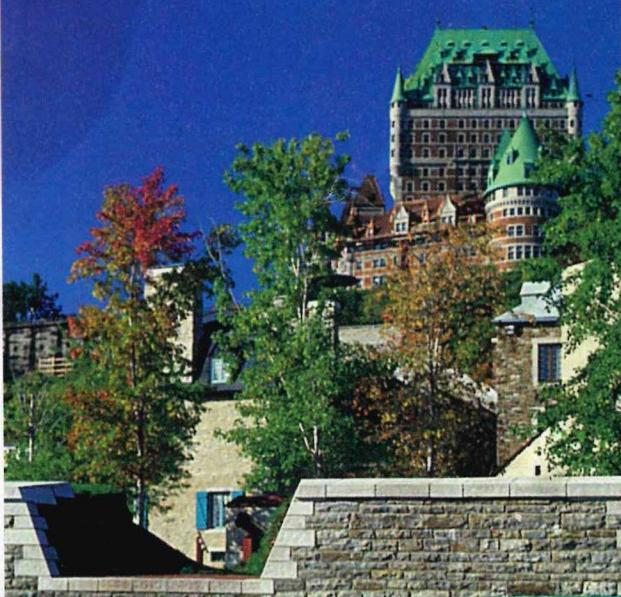
For more information on adventure tours, consult the brochure *Québec—Adventure Unlimited*, published by Tourisme Québec.



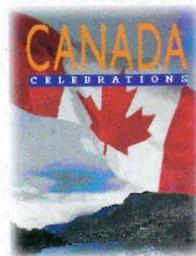
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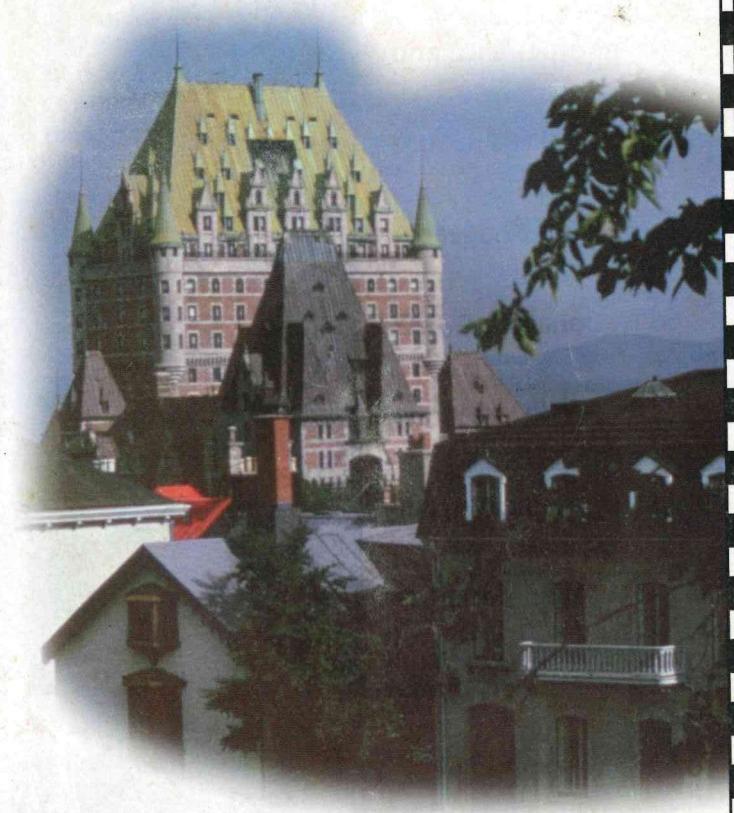
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—Michel Gagnon
O.T.C.C.U.Q.

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or contact your travel agent.

